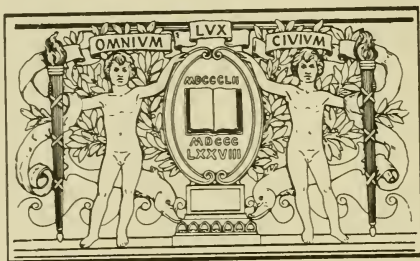


**The
Calorie
Cook Book**

by

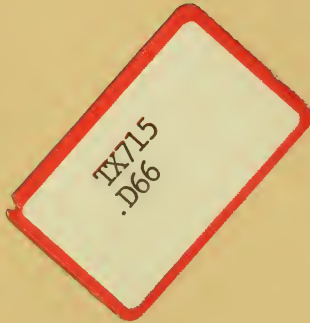
Mary Dickerson Donahey



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THE CALORIE COOK BOOK



The
CALORIE
COOK BOOK

by

MARY DICKERSON DONAHEY

A bright, interesting and valuable Cook Book,
with economical recipes giving value
of foods in Calories and naming
foods rich in Vitamines

□ □ □

Menus for Reducing—for Upbuilding
—for Maintenance

□ □ □

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The Calorie Cook Book

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The authorities consulted in compiling this book were :

FOOD VALUES, by EDWIN A. LOCKE, A.M., M.D.

FEEDING THE FAMILY, by MARY SWARTZ ROSE, Ph.D.

PRACTICAL DIETETICS, by ALIDA FRANCES PATTEE, late
Instructor in Dietetics of the Training School for Nurses
of Bellevue Hospital, New York, and of so many other
hospitals and schools that it would take a page to list 'em.

DIET AND HEALTH, With Key to the Calories, by LULU
HUNT PETERS, M.D.

BULLETIN 28 of the United States Department of Agri-
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M.S.

THE BOSTON COOKING SCHOOL COOK BOOK, by
FANNIE MERRITT FARMER.

Remarks--Pertinent and Impertinent

This book has been made for the use of those people who wish to eat properly and really don't know how.

More and more we human beings are discovering that our own internal organs are of quite as much importance as are those of our motors, and that our happiness may depend as much on the proper care of a digestive tract as on the cleanliness of a carburetor or the proper oiling of a crank case.

But we Americans have bolted and stuffed rich food for so long that it is amazing how very few of us know how to stop or what to do, when the family physician, treacherously upheld by our own inner selves, demands a change in the catch-as-catch-can style of eating we have so long enjoyed.

This was brought home to me recently when one of my best friends developed a bad case of auto-intoxication. He was promised all sorts of evil results, from head aches right on to death, if he did not at once stop eating meat, fried stuff and sweets, for at least a year.

The day after this ultimatum had gone forth I dropped in to see the invalid and was greeted with delicious odors from the kitchen.

"What are you cooking?" I asked, and the wife of the victim answered, "Why, something

for John. Poor dear, he's on such a strict diet. It's so hard to think of things for him to eat. No meat—no fried stuff—so I just remembered how fond he is of brains, and I'm fixing him a mess—in butter, of course."

After I had recovered from the shock I gently explained that "meat" was not roast beef and steaks and chops only, but anything that grew on or in an animal, and that deep frying was deep frying, whether conducted via the lard or butter route.

Poor John had a really terrible time, and his devoted wife a worse one, before they managed to get into their heads the idea of proper diet. But both, having brains and sense, and both being in earnest, they finally did it. And as she dropped much unwelcome weight and John's business took a decided up-hill trend, as his brains grew less fuddled with food and his body more willing and active, they went to the other extreme and became food faddists. It's no fun dining there nowadays. You eat, always and eternally, what you ought to eat, and your conversation is so saturated with calories and balanced rations and vitamins, that you have no pleasure, gastronomic or otherwise. They certainly are well—but they are bores! It isn't necessary to be as frightfully extreme about it as they are. They learned through necessity. Most folks do. But it is quite possible to eat in such a way that you need never grow too fat or too thin, or be ill through improper food—pro-

viding always, of course, that you are a normal sort of person, with no inherited or acquired diseases to upset you.

And it's a case where prevention is so very much easier than cure! Treated with any consideration at all from the beginning of life the average digestive organs will prove willing and good natured servants to the end.

Of course those persons who were abused by fond but foolish parents in childhood start with a bad handicap. A youngster who has been allowed candy between meals, meals when he chose, was encouraged to overeat, and permitted to eat only the things he fancied has, as a general rule, to be much more careful when he is grown than the adult who has been taught self control, regular eating habits and the wise selection of food when he was young.

Self control! That is the base of it all. It is so amusing to hear the enemies of prohibition wail and rail because they think boys will have nothing on which to practise the virtue of self control if they are not put to the necessity of restraining themselves from becoming drunkards.

Let any fat person go on a reducing diet for just one day—stay on it for a week—a month—a year—maybe always—and you'll see an exhibition of self control that is the real article!

Let any child who has been allowed unlimited candy stop eating it entirely, or have it only for dessert at meal times, and he'll learn to be the

master of his fate and the captain of his stomach!

Bad habits are always hard to break, excesses always hard to control, but the earlier we learn to boss ourselves the easier it is to do it.

There are a few fortunates who won't need this book. Who on looking over the menus will say, "Oh, I eat more wisely than that right now."

If that is true, they are lucky; probably well and possessors of sylphlike forms.

But there are many many more who are going to read the maintenance menus and moan, turn to the reducing lists and faint with horror, and only feel happy and at home when immersed in the descriptions of the meals suggested for the adding of flesh.

A "good eater," even an "average eater," stows away a good deal more excess matter than he realizes.

Not only do most of us eat too much, but as a general rule our food is too rich and too highly seasoned. There are a few recipes in this book that will tax weak digestions, but very few. The menus contain lots of fruit, much of it raw, as it is best, and there are many salads, most of them the simpler ones. We need much fruit and green stuff. All this worry about lack of vitamins, all this taking of vitamins in artificial forms, would be unnecessary if people would eat fresh green stuff and fruit the year around. Vitamins have their natural abiding place in milk, cereals,

raw fruits and vegetables. Eat plenty of lettuce and watercress, celery, raw cabbage and carrots, "greens" of all kinds, oranges, apples, lemons and so on, and you will get all the vitamins you need.

It is well to remember—

(First) That few of us use enough milk in our daily diet, one expert announcing that every adult ought to consume a quart of milk each day.

(Second) That whole wheat flour is more healthful than white flour.

(Third) That it is well to use molasses where you can instead of sugar.

(Fourth) That whole cereals are richer, not only in vitamins but in minerals, than the refined cereals.

Refining everything! That is one of the sins of civilization. We've been so proud of our success in refining flour and sugar and rice and so on, that it is hard to realize that from a health standpoint all the work along these lines might better have been left undone; that we ought to go backward and get as close as we can to food prepared as Nature prepares it.

The heavy eater of meat will not think much of this book. Meat once a day is enough for all except those who do hard out-door work all day, and there ought to be one meatless day a week for everybody. It won't do anyone a mite of harm, and will do those who get little out-door exercise much good, if two such days are worked into every seven. There are plenty of other

protein-bearing foods to have instead of meat. And when I use the word meat I do not use it as a vegetarian would. Your true vegetarian does not eat anything that has ever lived. He even spares the feelings—and the flesh—of the dumb and lowly oyster. I mean by meat, beef, mutton, lamb, veal, pork, venison, woodchuck, rhinoceros, kangaroo or monkey, if you are situated where such animals might find their way to your platter.

Fowl and fish, in this sense, are not meat. Fowl, to the city dweller, or to any dweller at all who does not raise his own, is expensive—too expensive for the average housewife to serve very often. But fish! Ah, fish! Fish is a terribly neglected article of food. There seems to be almost a prejudice against it in some families, while others just forget about it. They'll have a can of salmon for a hurry-up lunch, perhaps—creamed tuna fish for a chafing dish supper—sardines for the picnic—maybe even a codfish ball or so some cold winter morning—or shrimp salad when the whist club comes.

But the bewilderingly delightful array of fresh fish which may be found at any good city market, is neglected—often absolutely unknown, especially in inland towns, while small communities too seldom make the best use of the local supply generally to be found in near-by lakes and rivers, brooks and ponds.

If you can, serve a platter of skinned pike, rolled in egg and corn meal, and then fried—in

plenty of very hot fat—a golden brown, and see them vanish. I once served such a meal to four guests who didn't know the fish at all. There were eight people at the table and twenty-two fish, each weighing about a quarter of a pound, and all my plans for using the left-overs next day were rendered null and void. There were no left-overs!

Fish, with very few exceptions, notably lobsters when served in the richer and more intricate ways, are healthful and few of them are very fattening. Most fish is cheaper than most meat. Fish is easy to cook, easy to serve and it is easy to use the left-overs next day. Then as another meat substitute, there is the ever faithful dried bean—navy, kidney and lima. Lentils, too, and dried peas. Cheese, which combines so deliciously with so many things; nuts, which need not be treated as a sort of extra dessert, but can take their place proudly and adequately with either the meat or salad course, and last but not least, eggs, which can be served in literally dozens of different and delightful fashions. Hurry up and get over that notion that you cannot plan a meal without a meat dish as a sort of keystone on which to rest all the remainder of your menu. You can. And you'll be wealthier, healthier and happier if you learn to do it. Especially if you are the lazy and extravagant sort of cook, whose mind runneth not beyond steaks and chops surrounded by the halo of a frying pan.

Which remark brings us to the second thing which I've striven to get into this book—

E C O N O M Y ! !

I've asked the printer man to please let that word stand out just like that—boldly, defiantly, all by its little lone self!

Economy! If over-eating is a national trait, over-spending is certainly another. Some of us seem to have acquired the wild notion that it is clever to be extravagant with food. That it shows gentility and superiority to throw away left-overs. That the true aristocrat must show his—or generally her—blue blood by being wasteful and scorning care with the family funds. All of which would be very funny, if it wasn't so tragic. It shows brains and breeding—to say nothing of common sense—to be careful in the buying and the using of food. It merely shows selfishness, laziness and stupidity to have what the man on the garbage route would call “swell swill.”

Extravagance with food is not clever, it is simply silly. Meal planning or preparing is no job to be slouched and hurried over as quickly and as extravagantly as possible. You do not need to use fussy, difficult recipes, either. It is no harder to cook a flank steak than a porter-house. It only takes a little more skill.

Look on your marketing and cooking as a game. Take pleasure in seeing how cheaply you can set a healthful, delicious and plentiful table.

Think ahead a little, invest in a fireless cooker maybe, and you can have as much time for other things as you ever had, and more money. Remember that what won't go into a salad will go into a soup. That stews and meat pies, croquettes and sandwich fillings are delightful rivals of the ever popular but often overworked hash.

Don't throw good food away. Not for the sake of anybody else, but for your own. If you like to spend money, remember that what you save on the table is just so much more to have for lip sticks and matinees, hats, traveling, or gas for the car. If you like to see neat little, trim little figures sprouting in a bank book, help their growth with the dollars saved from the butcher and grocer and delicatessen store. Oh, yes, I know there are some men who refuse to eat left-overs. They are the victims of wrong ideas, of a desire to "show off" and boast of being "good providers," or of poorly made dishes! A well cooked left-over is generally better than it was in its original state. A poorly cooked one is the last degree of awfulness! The mere average, however, is tastier and more nutritious than the ready-to-eat food generally purveyed for the households which are being expensively and inadequately fed upon them.

Again, some of you will exclaim in shocked accents, "But I never eat carrots and turnips and parsnips and all those coarser vegetables," just as if I was asking you to do something

rather low and unrefined. Others will announce with great pride, "But I don't like anything but bread and meat and potatoes." Just why a woman should think it marks her as superior to her onion-eating sisters to disdain that crisp white bulb, or why a man should swell with pride over the fact that he doesn't like prunes, I never could understand. Personal culinary dislikes are not assets to boast of, though most people seem to think they are. They are liabilities to be got rid of as quickly as possible. Learn to like the things that are good for you. Can't? Bosh! Nonsense! And again tut, tut! I guess I know. I did it.

Up to my twenties I ate only bread, meat, potatoes, and sweets. I got sick—very sick—and suffered more than I should have suffered had I eaten properly. That was one reason for waking up and behaving. There were two others though. First—if other people ate and relished all these things I despised, they must be good, and I was missing something. I wished to miss nothing. Second—I discovered my limited diet made me a terror to hostesses. People dreaded to invite me, as I since have dreaded to invite people with limited tastes. No one likes to have to keep a card index system of the intricate dislikes of one's friends. It's a nuisance. I realized this as I saw harassed glances at things I wasn't eating. I was unhappy. I didn't want the particular hostess of the moment to worry about me, but she did, of course, and I do not like

to be a worry and a bother to other folks, and I do like to be invited out. I was afraid if I didn't reform I'd be an unwelcome guest. So I set to work. Sea foods, salads, vegetables—I can eat 'em all, though I freely acknowledge there are some I like better than others, and cocoanut and caraway seeds still do go down very, very hard and only when I am being polite. I am hoping to like them eventually.

It is possible, though not easy, to conquer one's likes and dislikes. Try it, at least, for a varied diet is best, and fruits and vegetables of all kinds are most essential.

There aren't such a lot of recipes in this book. Things you like very much may not be included at all. But if you will look up the simple food tables I have given, it should be easy for you to figure out for yourselves the food values of most of your favorite dishes. Take pound cake for instance. An old fashioned recipe I have by me reads, one pound of butter (which would be about 3605 calories), one pound of sugar (1860 c.), 12 eggs (70 c. each makes 840 c. altogether), one pound of flour (1625 c.), one glass of wine and one glass of rose water. No authority I own gives me the caloric value of rose water, but sherry is reported as having 42 calories to the sherry glass, and I believe that sherry was more generally used for cooking than any other wine. Hence, counting up the grand total for the cake, we reach the approximate sum of 8000 c. Truly a large and noble figure! Now then, supposing

the piece of cake that falls to your portion is one twentieth of the whole, by dividing the grand total by twenty you find that you are adding about 400 c. to your system when you eat it. Or if you prefer another way of measuring, weigh the cake, weigh your own piece and discover your calories in that fashion.

It is undoubtedly true that if you would be absolutely exact in this food portion business, scales are the thing. Almost unconsciously, you're apt to cheat. Even if you really want to take no more than you should, your idea of a "heaping tablespoonful" or an "average serving" may be totally different from mine, and mine different from that of the man who made the government food tables. That gentleman's "medium sized orange" may seem big to me, and small to you, and so on, ad infinitum, while even in the matter of butter or sugar no one may claim absolute accuracy. All butter and sugar are not made from exactly the same milk or cane or by exactly the same kind of people.

Every measurement ought to have "about" printed before it. Especially measurements for such variable things as pancakes and muffins, slices of bread, pieces of cake, helpings of sauce or slices of meat. All I can do for you here is to give you a general idea of food values, that will start you in the right direction, without frightening you or boring you.

If this short, easy-to-learn lesson on food values interests you, go on, learn more for yourself.

There are plenty of good technical, but not fear-somely technical, books you can buy. I learned what I know by buying them and reading them. For I am no trained dietitian; only a practical housewife who likes to cook, and who prefers to feel well herself, and be surrounded by a healthy good natured family instead of a lot of cranky, whining dyspeptics.

If you do go on, and study more, and apply what you learn, you will find it interesting, and you will be rewarded with both cash and comfort.

What Some Things are Worth in Calories

A calorie is a measure of food value estimated by its power to produce heat. Literally and scientifically, "A calorie is the amount of heat necessary to raise one kilogram of water from 0° to 1° C. or 1 pound 4° F."

Know a lot about it now? That's nice! Pretend you do, anyhow.

We have to burn things in our bodies all the time to keep said bodies going. When the body is asleep, very few; more as it wakes; more as it works a little; and so on—more and more and more with added activities. This needed energy is supplied, of course, by food, and the intake of the food needed is measured by calories. Foods with high calorie value are necessary for heat and muscular power, but we cannot eat such food only, and if we eat more than we need for heat they make themselves into fat. Vegetables very low in calories contain minerals and vitamins just as necessary to health. So—to proceed—

Calorie Values of Foods Measured by the Tablespoonful

1 tbsp. sugar, granulated	60 c.
1 tbsp. sugar, powdered	50 c.
1 tbsp. sugar, brown	40 c.
Cream, thick	70 c.
Cream, average	60 c.
Milk, whole	14 c.

Milk, skimmed	7 c.
Condensed milk, unsweetened	27 c.
Condensed milk, sweetened	64 c.
Olive oil	100 c.
Molasses	50 c.
Honey	100 c.
Maple syrup	75 c.
Corn syrup	50 c.
Tomato catsup	10 c.
Orange juice	6 c.
Lemon juice	5 c.
Chocolate, unsweetened, grated	30 c.
Flour, white, unsifted	33 c.
Cornmeal	33 c.
Cornstarch	34 c.
All fats—butter, lard, oleo, etc.....	100 c.

(There is a slight variation, not much)

Calorie Values of Foods Measured by the Pound

Butter—all fats about the same.....	3605 c.
American cheese	2055 c.
Cottage cheese	510 c.
Boiled rice	510 c.
Boiled oatmeal	285 c.
Wheat flour, white	1625 c.
Wheat flour, whole	1675 c.
Wheat flour, gluten	1665 c.
Wheat flour, graham	1670 c.
Sugar, granulated	1860 c.
Sugar, brown	1765 c.
Dates, (edible portion)	1615 c.
Figs	1475 c.
Raisins	1605 c.
Almonds, (edible portion)	3030 c.
Brazil nuts	3265 c.
Chestnuts	1125 c.
Cocoanut, prepared, as purchased.....	3125 c.
Filberts	3290 c.

Peanuts	2560 c.
Peanut butter.....	2825 c.
Pecans	3455 c.
Walnuts	3285 c.
Cocoa	2320 c.

Calorie Values by the Cup

Fats, about	1744 c.
Milk, whole	170 c.
Milk, skim.....	85 c.
White flour, unsifted	459 c.
Same sifted	395 c.
Cracker crumbs	467 c.
Bread crumbs, oven dried	373 c.
Bread crumbs, soft	147 c.
Buckwheat flour	543 c.
Graham flour	508 c.
Rye flour	496 c.
Macaroni, cooked	100 c.
Wheat, flaked	309 c.

An egg of average size has about 70 c. It is not divided evenly. The yolk is worth 56 c. and the white 14 c.

It must be said again that these estimates are all approximate. On some of them the authorities disagree; on a few things, not generally the most important, they disagree a good deal. The values of eatables by the pound are all copied out of the government report, by W. O. Atwater, Ph. D., and A. P. Bryant, M. S. My other authority, for the cup measurements, and most of the tablespoon ones, too, is Mary Swartz Rose, Ph. D., and are taken from her book, "*Feeding the Family*."

A Foreword for the Fat

Now for those who will agonize most over these suggestions—my brethren and sistren of the too, too solid flesh.

May these menus aid you!

The object has been to plan the meals with due regard to the housewives who have to cook them and eat them with other people. I have tried not to make lists of special dishes, but to show what may be eaten of ordinary every-day ones, served to the entire family.

Of course you already know you cannot drop what we all know as "fattening foods" entirely, because they all have elements that make you not only fat, but healthy. You need starch and fat and sweets. But the portions of such things must of necessity be small. If you feel the need of space fillers you must fall back upon lettuce, spinach, cabbage, parsnips, turnips, carrots, water cress, endive and such. And with them you must have little or no oil or cream or butter dressings. Oil and cream and butter are chuck full of "fat."

You must be everlastingly careful. Calories pile up from such apparently simple things. It is hard to remember that you can't suck an extra orange without adding anywhere from seventy to a hundred calories to your too, too solid flesh—but you can't! You mustn't steal a few grapes for yourself while arranging the dish of fruit.

Grapes have an astounding number of calories. Don't abstract a raisin or so while mixing the spice cake, and don't, oh DO NOT keep tasting while you cook! You can "taste" yourself to a whole meal just as easily as not!

Your motto will have to be, "Every ounce added to what I've got makes just a pound or two more."

Absolutely nothing is taken for granted in these menus. If there is no cream or sugar spoken of for the tea or coffee in a menu, none has been allowed in that meal.

If you just simply have to have them, why of course you will, but if you do, you ought to pare a calorie or two off here and there to make up, or you'll defeat yourself. Clear tea and coffee have no food value at all; both cream and sugar have a very great deal. Condiments and relishes have little food value, but apart from a modest amount of tomato catsup you won't find them listed here, for you or for anybody else either, but you especially ought to keep away from them. They are bad for your "innards," and also they help to create the very thing you are trying to avoid—appetite. Beware of the spicy things, the hot things and the too salty things. Use preferably whole wheat or graham bread instead of white. Not that it's thinning—just wholesome.

If you have to cook the family meals, watch yourself while you do it. If you do not have to cook them, keep away from the kitchen. If you are generally alone for some meal—lunch for instance—arrange to do your real hard dieting then.

It is so much easier to go without good things you neither see nor smell, than it is to say "no" when they are flaunting themselves shamelessly before your very nose and eyes. If, while things are being prepared, it is possible to have your portions fixed so that they are less rich than those served for other people, have them prepared that way. Maybe your vegetables can appear with only skim milk and a bit of butter over them, instead of rich thickened dressing. Perhaps your salad can be dressed with a little less oil, your dessert come to you minus the entrancing little pompom of whipped cream on top.

As to my food measurements, they are, as I have said before, and as I shall say again, approximate only. Calories are still wild things, not entirely broken to the uses of mankind. The most eminent authorities still disagree on the food value of many things. This book has tried to strike as near the happy average as possible. You will notice I speak of "thin cream" and "average cream," listing the thin cream as having a value of 30 c. per tablespoonful. It must be really thin cream. When you know that "average" is listed at a little less than 60 c. for the same amount, "heavy cream" at about 70 c. whole milk at 14 c. and skim milk at 7 c. for a tablespoon, you can figure out for yourself about how thin that "thin cream" ought to be. Don't cheat on it.

As for the butter, one pat, as mentioned, means one thirty-second of a pound, or half of an ounce. You can get the right amount most easily by buy-

ing your table butter in those convenient little quarter pound sticks in which it is now put up, and dividing each stick into eight portions. Then that portion into halves or quarters, as needed.

A quarter pat not much? Indeed it is not! If you "reduce" or "maintain" on these diets it is very likely that you will get over that habit of just slathering on the butter in luscious golden gobs. Hurt you to have so little? Not at all. As long as you get some along with the fats that will be used in cooking, you'll be all right. These menus are not for growing children or invalids. That of course, must be understood.

Right here, it seems well to make a statement, too, about oleomargarine. The poor stuff has been so dreadfully maligned! Every authority I have studied gives margarine very nearly as high a food value as butter. The United States Department of Agriculture, for instance, rates oleomargarine as worth 3525 calories per pound, and butter as worth 3605. Margarine is made in the cleanliest of ways from cleanly materials and is endorsed by women's magazines of the highest grade and by cooking schools. As it is always the same price the year around, and that price is sometimes less than one-third the price of butter, it is wise for the housewife, especially the housewife who has a large family or limited funds, to use it, for cooking at least. The new nut margarines when properly colored are very hard indeed to tell from the best dairy product, even when served on the table, and the rabid prejudice

against them one sometimes encounters, seems old fashioned.

But don't get the idea that if you use oleomargarine you're doing something that will help you reduce. I know a woman who thought that—and it simply isn't so!

It is true though that even honest, earnest dieting isn't apt to help much unless you take exercise too, preferably in the open air. Don't get too strenuous. Walk every day, do some golfing or riding or swimming if you can. Devote ten minutes night and morning to simple "setting up" exercises. Don't be lazy mentally or physically.

Above all, if you once have the strength of mind to start on a diet, stick to it! Generally the actual deciding, the first half dozen "no, thank yous" are the hardest part. Don't waste all that effort and backslide. The oftener you betray yourself the harder it will be to start again, because each time you fail you'll lose confidence in your own strength. And it is never pleasant to know yourself a weakling.

Don't expect rapid results. No harmless method of reducing ever showed marvelous results right away. Don't fly hopefully to the scales at the end of one day, or order your dressmaker for a general making-over spree at the end of the first week.

All things worth achieving take time. Also patience. And everlasting perseverance.

So here follow a series of reducing menus—one full week each for spring, summer, autumn and winter use.

Spring Reducing Menus

SUNDAY

Breakfast

$\frac{1}{2}$ cup orange juice, 50 c.; 1 graham cracker, 50 c.....	100 c.	
1 cup clear coffee or tea.....	000 c.	
	<hr/>	100 c.

Dinner

1 cup clear tomato soup, 100 c.; 2 saltines, 30 c.	130 c.	
1 slice beef loaf.....	100 c.	
1 tablespoon thickened gravy.....	30 c.	
4 stalks asparagus, little butter dressing, 50 c.	50 c.	
$\frac{1}{2}$ cup mashed potato (scant).....	100 c.	
1 Parker House roll, 100 c.; $\frac{1}{2}$ pat butter, 50c.....	150 c.	
$\frac{1}{4}$ head lettuce, 1 scant tablespoon French dressing, 1 cup Spanish cream.....	100 c.	
1 cup tea or coffee, 1 teaspoon sugar.....	20 c.	
	<hr/>	780 c.

Supper

$\frac{1}{2}$ cup macaroni and cheese, 100 c.; 1 cup tea, 1 teaspoon sugar, 20 c.....	120 e.	
3 halves canned pears, 3 tablespoons juice, 100 c.; 1 plain cooky, 50 c.....	150 c.	
	<hr/>	270 c.

At Bedtime, If Desired

$\frac{2}{3}$ glass whole milk, 100 c., or 1 doz. large raisins, 100 c.....	100 c.	
	<hr/>	
For the day		1250 c.

MONDAY

Breakfast

$\frac{1}{4}$ lb. cherries, 76 c.; 2 pretzels, 44 c.....	120 c.	
1 cup coffee with 1 tsp. sugar, 20 c.;		
1 tbsp. whole milk, 14 c.....	34 c.	
	<hr/>	154 c.

Lunch

3 heaping tbsps. spinach, 60 c.; 1 hard		
cooked egg, 70 c.....	130 c.	
1 small slice graham bread, 80c.; 2 heaping		
tbsps. apple sauce, 67 c.....	147 c.	
1 cup tea with 1 tsp. sugar.....	20 c.	
	<hr/>	297 c.

Dinner

1 serving broiled shad or trout, 150 c.;		
3 heap. tbsps. green peas, 100 c.....	250 c.	
1 slice bread, 100 c.; $\frac{1}{2}$ pat butter, 50 c..	150 c.	
$\frac{1}{6}$ cream pie, 334 c.....	334 c.	
1 cup coffee, 1 tsp. sugar	20 c.	
	<hr/>	754 c.
For the day		<hr/> 1205 c.

TUESDAY

Breakfast

2 tbsps. stewed rhubarb, 60 c.; ½ slice bread, 50 c.....	110 c.	
1 cup coffee, 1 tsp. sugar, 20 c.; 1 tbsp. milk, 14 c.....	34 c.	
	<hr/>	144 c.

Lunch

1 slice cold meat loaf, with two leaves of lettuce	100 c.	
1 tbsp. tomato catsup, 30 c.; 1 slice bread with ¼ pat butter, 125 c.....	155 c.	
1 cup tea with 1 tsp. sugar, 1 slice lemon, 30 c.; 2 sweet crackers, 50 c.....	80 c.	
	<hr/>	335 c.

Dinner

2 heap. tbsps. home baked beans, 200 c.; 2 heap. tbsps. mashed turnip, 25 c.....	225 c.	
1 hot biscuit, 100 c.; ½ pat butter, 50 c.; 1 tsp. jelly, 35 c.....	185 c.	
1 helping cabbage, green olive and pimento salad with lettuce and 1 tbsp. mayonnaise or French dressing.....	135 c.	
3 tbsps. floating island, 150 c.; 1 lady finger, 50 c.....	200 c.	
	<hr/>	745 c.
For the day		1224 c.

WEDNESDAY

Breakfast

1 scant cup corn flakes, 80 c.; ½ cup skimmed milk, 43 c.....	123 c.	
1 cup coffee or tea, 1 tsp. sugar.....	20 c.	
	<hr/>	143 c.

Lunch

3 medium stewed figs, 200 c.; 1 graham gem, 100 c.....	300 c.	
¼ pat butter, 25 c.; 1 cup tea, 1 tsp. sugar, 20 c.	45 c.	
	<hr/>	345 c.

Dinner

1 slice corned beef, 140 c.; 2 onions, 45 c.; 1 carrot, 20 c.....	205 c.	
3 heap. tbsps. cabbage.....	10 c.	
1 slice whole wheat bread, 100 c.; ¼ pat butter, 25 c.; 2 pickles, 20 c.....	145 c.	
1 peach short cake, 200 c.; 1 tbsp. whipped cream, 100 c.....	300 c.	
1 cup coffee with 2 tsps. sugar and 1 tbsp. cream	70 c.	
	<hr/>	730 c.
For the day		<hr/> 1218 c.

THURSDAY**Breakfast**

1 slice toast, 100 c.; $\frac{1}{4}$ pat butter, 25 c.;	
1 cup coffee, 1 tsp. sugar, 20 c.....	145 c.
	<hr/>
	145 c.

Lunch

1 egg omelet (made with skim milk),	
100 c.	100 c.
1 graham gem, 100 c.; $\frac{1}{4}$ pat butter, 25 c.;	
1 tsp. jelly, 35 c.....	160 c.
4 heap. tbsps. strawberries, 40 c.; 1 tsp.	
sugar, 20 c.....	60 c.
1 cup tea, 1 tsp. sugar	20 c.
	<hr/>
	340 c.

Dinner

2 heap. tbsps. corned beef hash, 81 c.; 1	
tbsp. tomato catsup, 30 c.....	111 c.
2 large slices glace carrot, 50 c.; 2 green	
olives, 40 c.....	90 c.
1 slice white bread, $\frac{1}{4}$ pat butter, 125 c....	125 c.
6 stalks asparagus with lettuce and 1 tbsp.	
mayonnaise or French dressing.....	125 c.
2 saltines, 30 c.; spread with cream cheese,	
70 c. (spread lightly).....	100 c.
1 helping cottage pudding with 2 tbsps.	
strawberry sauce	150 c.
1 cup coffee with 1 tsp. sugar, 1 tbsp. thin	
cream	50 c.
	<hr/>
	751 c.
	<hr/>
For the day	1236 c.

FRIDAY

Breakfast

$\frac{1}{2}$ orange, 50 c.; 2 toasted saltines, 30 c..	80 c.	
1 cup of coffee, 2 tsps. sugar, 1 tbsp. cream	70 c.	
	<u> </u>	150 c.

Lunch

1 hot bacon sandwich (2 slices toast), 200 c.; 2 strips crisp bacon, 50 c.....	250 c.	
$\frac{2}{3}$ glass whole milk, 100 c.....	100 c.	
	<u> </u>	350 c.

Dinner

1 serving whitefish or fresh mackerel or shad broiled, about	150 c.	
4 small new potatoes in cream gravy.....	150 c.	
1 slice bran bread, $\frac{1}{4}$ pat butter, 125 c.; 1 tsp. jelly, 35 c.....	160 c.	
1 large helping water cress with French dressing	50 c.	
1 cub. inch Roquefort cheese, 75 c.; 2 toasted Boston crackers, 75 c.....	150 c.	
1 cup coffee with 2 tsps. sugar, 40 c.; 1 tbsp. cream, 30 c.....	70 c.	
	<u> </u>	730 c.
For the day		<u>1230 c.</u>

SATURDAY**Breakfast**

1½ cups strawberries, 100 c.; 3 saltines, 45 c.	145 c.	
1 cup clear tea or coffee.....	000 c.	
	<hr/>	145 c.

Lunch

1 hot egg sandwich (1 slice bread, 1 egg fried in 1 tsp. fat).....	200 c.	
1 cup tea, 1 tsp. sugar, 1 slice lemon, 30 c.;		
1 slice sponge cake, 120 c.....	150 c.	
	<hr/>	350 c.

Dinner

1 Hamburg steak (small), 100 c.; ½ cup macaroni, plain tomato sauce, 60 c.....	160 c.	
2 ripe olives, 40 c.; 1 graham gem, ½ pat butter, 150 c.....	190 c.	
1 helping Coronet salad, 245 c.; 2 saltines spread 1 cub. inch Limburger or Neu- chatel cheese, 100 c.....	345 c.	
1 cup of coffee with 2 tsps. sugar.....	40 c.	
	<hr/>	735 c.
For the day		1230 c.

Summer Reducing Menus

SUNDAY

Breakfast

1 large peach, 50 c.; 1 piece zweiback, 65 c.; ¼ pat butter, 25 c.....	140 c.
1 cup clear coffee.....	000 c.
	<hr/> 140 c.

Dinner

¼ broiled young chicken, 150 c.; 4 tbsps. creamed potatoes, 145 c.....	295 c.
2 ripe olives, 40 c.; 3 heap. tbsps. summer squash, 45 c.....	85 c.
1 small baking powder biscuit, 75 c.; ¼ pat butter, 25 c.....	100 c.
¼ head lettuce, 1 tbsp. cucumber sauce....	100 c.
½ cup vanilla ice cream, 200 c.; 1 lady finger, 50 c.	250 c.
1 cup clear coffee	000 c.
	<hr/> 830 c.

Tea

1 medium tomato sliced on lettuce, 25 c.; ½ tbsp. mayonnaise, 50 c.....	75 c.
3 soda crackers, 75 c.; ½ pat butter, 50 c.;	
1 cup tea, 1 tsp. sugar, 20 c.....	145 c.
	<hr/> 220 c.
For the day	<hr/> 1190 c.

MONDAY**Breakfast**

1 glass skimmed milk, 85 c.; 1 saltine, 15 c.; $\frac{1}{4}$ cantaloupe, 50 c.....	150 c.	
	<hr/>	150 c.

Lunch

1 hot biscuit with $\frac{1}{2}$ cup creamed dried beef	200 c.	
1 glass iced coffee with 2 tsps. sugar, 40 c.; 1 tbsp. skim milk, 7 c.....	47 c.	
3 heap. tsps. raspberries, 40 c.; 1 tsp. sugar, 20 c.	60 c.	
	<hr/>	307 c.

Dinner

1 thin slice cold boiled ham, 100 c.; 2 tbsps. potato salad, French dressing, 150 c.	250 c.	
3 tbsps. hot buttered lima beans, 200 c.; 2 slices rye bread, $\frac{1}{2}$ pat butter, 250 c.	450 c.	
1 cup junket (scant skim milk), 100 c....	100 c.	
	<hr/>	800 c.
For the day		<hr/> 1257 c.

TUESDAY

Breakfast

$\frac{1}{2}$ small muskmelon, 50 c.; $\frac{1}{2}$ shredded wheat biscuit toasted, 50 c.....	100 c.	
$\frac{1}{4}$ pat butter, 25 c.; 1 cup coffee with 1 tsp. sugar, 20 c.....	45 c.	
	<hr/>	145 c.

Lunch

$\frac{1}{2}$ head lettuce, $\frac{1}{2}$ medium tomato, 8 slices cucumber, 2 radishes, 1 tbsp. mayonnaise or boiled dressing	135 c.	
3 graham crackers, 100 c.; 5 plums, 100 c.	200 c.	
1 glass cold tea, 1 tsp. sugar, 20 c.....	20 c.	
	<hr/>	355 c.

Dinner

1 slice salmon loaf, 150 c.; 2 tbsps. cream sauce, 60 c.....	210 c.	
1 baked potato, medium size, 100 c.; 2 heap. tbsps. string beans, 130 c.....	230 c.	
1 slice white bread, 100 c.; $\frac{1}{4}$ pat butter, 25 c.	125 c.	
1 serving raw carrot, celery, green pepper and lettuce salad, French dressing, 100 c.....	100 c.	
2 small sliced peaches, 65 c.; 1 tsp. sugar, 20 c.	85 c.	
	<hr/>	750 c.
For the day		<hr/> 1250 c.

WEDNESDAY

Breakfast

3 heap. tbsps. raspberries, 50 c.; 1 soda cracker, 25 c.....	75 c.	
1 cup coffee with 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 30 c., or 1 cup coffee with 1 tsp. sugar, 20 c., and 1 tbsp. rich cream, 55 c.	70 c.	
	<hr/>	145 c.

Lunch

1 slice cold salmon loaf, 150 c.; 1 tsp. mayonnaise on lettuce, 35 c.....	185 c.	
1 slice whole wheat bread, 100 c.; $\frac{1}{4}$ pat butter, 25 c.	125 c.	
2 heap. tbsps. huckleberries, 40 c.; 2 tbsps. whole milk, 28 c.....	68 c.	
	<hr/>	378 c.

Dinner

1 small veal cutlet breaded, 150 c.; 1 tbsp. gravy, 30 c.	180 c.	
1 ear of corn, 50 c.; 1 slice white bread, 100 c.; 1 pat butter, 100 c.	250 c.	
1 serving lettuce and chard salad, French dressing, 50 c.	50 c.	
1 individual peach short cake, 150 c.; $\frac{1}{2}$ cup whole milk, 50 c.	200 c.	
1 cup coffee, 1 tsp. sugar, 20 c.	20 c.	
	<hr/>	700 c.
	<hr/>	
For the day		1223 c.

THURSDAY

Breakfast

1 large slice watermelon, 40 c.; 1 glass buttermilk or skim milk, 80 c.....	120 c.	
2 saltines, 30 c.	30 c.	
	<u> </u>	150 c.

Lunch

1 cup cream of spinach soup, 150 c.; 12 toasted croutons, 50 c.	200 c.	
1 banana, sliced, 100 c.; 1 tsp. sugar, 20 c.; 1 tbsp. thin cream, 30 c.....	150 c.	
	<u> </u>	350 c.

Dinner

1 slice meat loaf, 150 c.; 2 slices candied sweet potato, 200 c.	350 c.	
2 tbsps. creamed corn, 100 c.; ½ slice whole wheat bread, ¼ pat butter, 75 c.....	175 c.	
1 serving string bean salad, French dressing, 100 c.	100 c.	
1 serving watermelon marbles with mint, 35 c.	35 c.	
1 cup coffee, 1 tbsp. thin cream, 30 c.; 2 tps. sugar, 40 c.	70 c.	
	<u> </u>	730 c.
For the day		<u> </u> 1230 c.

FRIDAY**Breakfast**

1 glass rich whole milk, 160 c.	160 c.	
	<hr/>	160 c.

Lunch

1 egg sandwich, 300 c.; 3 heap. tbsps. black- berries, 40 c.	340 c.	
	<hr/>	340 c.

Dinner

1 cup clam chowder, 100 c.; 4 soda crackers, 100 c.	200 c.	
1 portion spinach gelatin salad, mayon- naise, 150 c.	150 c.	
$\frac{1}{2}$ slice whole wheat bread, 50 c.; $\frac{1}{4}$ pat butter, 25 c.	75 c.	
1 small slice fresh apple pie, 250 c.; 1 small piece American cheese, 75 c.	325 c.	
	<hr/>	750 c.
For the day		<hr/> 1250 c.

SATURDAY

Breakfast

3 tbsps. apple sauce, 70 c.; ½ slice toast, 50 c.	120 c.	
1 cup coffee, 1 tsp. sugar, 20 c.; 1 tbsp. milk, 7 c.	27 c.	
	<hr/>	147 c.

Lunch

1 cup cole slaw, cream dressing, 50 c.; 1 hard boiled egg, 70 c.	120 c.	
1 slice white bread, or 1 roll, 100 c.; ¼ pat butter, 25 c.	125 c.	
2 slices pineapple, 80 c.; 1 tsp. sugar, 20 c.	100 c.	
	<hr/>	345 c.

Dinner

1 slice cold meat loaf, 150 c.; 1 tbsp. tomato catsup, 30 c.	180 c.	
4 tbsps. creamed potato, 140 c.; 2 heap. tbsps. beet greens, 35 c.	175 c.	
1 graham gem, 100 c.; ¼ pat butter, 25 c.; 1 tsp. honey, 35 c.	160 c.	
1 small serving apple and celery salad....	100 c.	
1 cup coffee jelly, 2 tps. whipped cream..	130 c.	
	<hr/>	745 c.
For the day.....		<hr/> 1237 c.

Autumn Reducing Menus

SUNDAY

Breakfast

1 average pear, 90 c.; 2 soda crackers, 50 c.;		
1 cup coffee, 1 tsp. sugar, 20 c.....	160 c.	
	<hr/>	160 c.

Dinner

½ cup cream of celery soup, 100 c.; 2 saltines, 30 c.....	130 c.	
1 slice roast lamb, 150 c.; 3 slices parsnip baked under meat, 50 c.....	200 c.	
1 medium potato baked under meat, 110 c.; 1 tbsp. gravy, 30 c.....	140 c.	
2 tbsps. pickled beet, 1 tbsp. cabbage, chopped, on lettuce, juice ¼ lemon.....	40 c.	
1 slice graham bread, 100 c.; ¼ pat butter, 25 c.	125 c.	
2 tbsps snow pudding, 70 c.; 1 cup coffee, 1 tbsp. thin cream, 30 c.....	100 c.	
	<hr/>	735 c.

Tea

1 cup tea, 1 tsp. sugar, 1 slice lemon, 20 c.	20 c.	
1 rye bread and Swiss cheese sandwich, 250 c.; with ¼ pat butter, 25 c.....	275 c.	
1½ slices pineapple with juice, 60 c.....	60 c.	
	<hr/>	355 c.
For the day.....		<hr/> 1250 c.

MONDAY

Breakfast

1 large baked apple, 125 c.; 2 tbsps. whole milk, 28 c.	153 c.	
	<hr/>	153 c.

Lunch

4 medium sardines fried in own oil, 100 c.; on 1 slice unbuttered toast, 100 c.	200 c.	
1 glass whole milk (scant)	150 c.	
	<hr/>	350 c.

Dinner

1 section lamb pie, containing lamb, celery, carrots, crust, gravy	300 c.	
1 hot roll, $\frac{1}{4}$ pat butter, 125 c.	125 c.	
1 large serving endive and lettuce, French dressing ...	75 c.	
2 tbsps. rice custard, 180 c.; 1 cup coffee, 2 tsps. sugar, 40 c.	220 c.	
	<hr/>	720 c.
For the day		<hr/> 1223 c.

TUESDAY**Breakfast**

- 1 scant cup cocoa, made skim milk, $\frac{1}{3}$
 water, 100 c.; 2 soda crackers, 50 c..... 150 c.

Lunch

- 1 apple fried, 100 c.; four thin, crisp strips
 bacon, 100 c..... 200 c.
 1 slice whole wheat bread, 100 c.; $\frac{1}{4}$ pat
 butter, 25 c..... 125 c.
 1 cup tea, 1 tsp. sugar, 1 slice lemon, 20 c. 20 c.
 _____ 345 c.

Dinner

- 3 heap. tbsps. baked beans, canned, 150 c.;
 3 heap. tbsps. creamed celery, 65 c..... 215 c.
 1 square corn bread, 100 c.; $\frac{1}{4}$ pat butter,
 25 c.; 1 tsp. jelly, 35 c..... 160 c.
 $\frac{1}{4}$ head lettuce, green pepper, pimento, may-
 onnaise added 100 c.
 1 slice chocolate layer cake, 260 c.; 1 cup
 clear coffee, 00 c..... 260 c.
 _____ 735 c.

 For the day..... 1230 c.

WEDNESDAY

Breakfast

5 dates or 15 raisins, 100 c.; 2 soda crackers, 50 c.; clear coffee, 00 c..... 150 c.

Lunch

1 cup cream of cabbage soup, 150 c.; 12 one-half inch cubes toasted croutons, 50 c.	200 c.	
1 large apple or pear, 100 c.....	100 c.	
	<hr/>	300 c.

Dinner

1 medium portion Hamburg steak.....	185 c.	
2 boiled onions, milk and butter sauce.....	100 c.	
1 French roll, 100 c.; $\frac{1}{4}$ pat butter, 25 c.; 1 portion celery and apple salad, 150 c..	275 c.	
2 heap. tbsps. bread pudding, 225 c.....	225 c.	
1 cup coffee, 1 tsp. sugar, 20 c.....	20 c.	
	<hr/>	805 c.
For the day.....		<hr/> 1255 c.

THURSDAY**Breakfast**

1 full glass whole milk.....	157 c.	
	<hr/>	157 c.

Lunch

1 cheese delight, slice bread (lightly buttered) and cheese, baked brown.....	175 c.	
1 large banana baked in skin.....	115 c.	
	<hr/>	290 c.

Dinner

1 slice roast veal, 100 c.; 2 tbsps. creamed corn, 100 c.....	200 c.	
1 tbsp. gravy, 30 c.; 1/2 slice bread, 50 c.; 1/4 pat butter, 25 c.....	105 c.	
1 green pepper stuffed with bread crumbs, onion and celery, baked.....	150 c.	
1 serving lettuce and endive with 1/2 tbsp. French dressing	50 c.	
1/6 lemon pie, 290 c.; 1 cup clear coffee....	290 c.	
	<hr/>	795 c.
For the day.....		<hr/> 1242 c.

FRIDAY

Breakfast

1 cup coffee, 1 tbsp. thin cream, 2 tsps. sugar, 70 c.; ½ orange, 50 c.....	120 c.	
2 saltines, 30 c.....	30 c.	
	<hr/>	150 c.

Lunch

2 heap. tbsps. chocolate pudding, 210 c.; 1 glass skim milk, 85 c.....	295 c.	
1 saltine, 15 c.....	15 c.	
	<hr/>	310 c.

Dinner

1 average serving of halibut, baked, butter and parsley sauce.....	200 c.	
1 piece Hubbard squash baked in skin, with butter, 70 c.....	70 c.	
1½ tbsps. escalloped potatoes, 75 c.; 1 slice whole wheat bread, 100 c.; ½ pat butter, 50 c.	225 c.	
1 serving prune and cottage cheese salad, fruit dressing	200 c.	
2 tbsps. apple tapioca pudding.....	120 c.	
1 cup coffee, 1 tsp. sugar, 20 c.....	20 c.	
	<hr/>	835 c.
For the day.....		<hr/> 1295 c.

SATURDAY**Breakfast**

3 small dates, 50 c.; $\frac{1}{3}$ glass whole milk, 50 c.; heated and poured over $\frac{1}{2}$ whole wheat biscuit, toasted, 50 c.....	150 c	
	<hr/>	150 c.

Lunch

1 serving cold halibut salad, 150 c.; 1 slice bread, 100 c.....	250 c.	
$\frac{1}{4}$ pat butter, 25 c.; 1 tsp. jelly, 35c.....	60 c.	
1 very small bunch of grapes, 50 c.....	50 c.	
	<hr/>	360 c.

Dinner

1 veal croquette, 200 c.; 1 tbsp. creamed potatoes, 50 c.	250 c.	
2 tbsps. tomatoes baked with buttered crumbs ...	50 c.	
2 tbsps. plain cole slaw, 25 c.; 1 hot roll, $\frac{1}{2}$ pat butter, 150 c.....	175 c.	
2 olives, 40 c.; 2 heap. tbsps. vanilla ice cream, 200 c.....	240 c.	
1 lady finger, 50 c.; 1 cup coffee, 1 tsp. sugar, 20 c.....	70 c.	
	<hr/>	785 c.
For the day.....		<hr/> 1295 c.

Winter Reducing Menus

SUNDAY

Breakfast

$\frac{1}{2}$ grape fruit, 100 c.; 1 cup coffee, 1 tsp. sugar, 1 tbsp. thin cream, 50 c.....	150 c.
	<hr/> 150 c.

Dinner

1 slice lean pot roast of beef.....	125 c.
2 tbsps. spaghetti boiled with meat, 100 c.; 1 onion boiled with meat, 50 c.; 1 tbsp. gravy, 30 c.....	180 c.
1 Parker House roll, $\frac{1}{4}$ pat butter, 125 c..	125 c.
1 serving string bean and celery salad, 100 c.; 2 green olives, 40 c.....	140 c.
2 tbsps. Prune Betty pudding, 200 c.; 1 tsp. hard sauce, 30 c.....	230 c.
	<hr/> 800 c.

Tea

1 dried beef and mayonnaise sandwich, 150 c.; 2 small sweet pickles, 25 c.....	175 c.
1 cup tea, 1 tsp. sugar, 1 slice lemon, 20 c.; 1 small slice sponge cake, 100 c.....	120 c.
	<hr/> 295 c.
For the day.....	<hr/> 1245 c.

MONDAY**Breakfast**

1 slice toast, 100 c.; 1 tsp. orange marmalade, 35 c.; $\frac{1}{4}$ pat butter, 25 c. 160 c.

Lunch

1 large glass whole milk, 160 c.; 3 saltines, 45 c. 205 c.
 2 heap. tbsps. apricot sauce, 160 c. 160 c.
 ----- 365 c.

Dinner

1 slice cold pot roast, 125 c.; 2 olives, 40 c. 165 c.
 1 serving spaghetti, baked with onions and gravy 175 c.
 1 slice white bread, $\frac{1}{4}$ pat butter, 125 c... 125 c.
 1 serving apple slump, 220 c.; 2 tbsps. whole milk, 28 c. 248 c.
 ----- 713 c.

 For the day 1238 c.

TUESDAY

Breakfast

1 cup coffee with rich cream and 2 tsps. sugar, 100 c.; 2 pretzels, 50 c.....	150 c.	
	<hr/>	150 c.

Lunch

1 cup oyster stew, 200 c.; 12 oyster crack- ers, 50 c.....	250 c.	
1 plate sliced raw cabbage, salt and pep- per, 10 c.....	10 c.	
3 stewed prunes with juice, sweetened....	90 c.	
	<hr/>	350 c.

Dinner

1 slice carrot loaf, 100 c.; 1 strip bacon, 25 c.; 1 tbsp. cream gravy, 30 c.....	155 c.	
3 heap. tbsps. peas, 100 c.; 1 slice rye bread, $\frac{1}{4}$ pat butter, 125 c.....	225 c.	
1 small portion shrimp salad, 125 c.; 1 saltine, 15 c.	140 c.	
1 cup lemon jelly with whipped cream, 200 c.; clear coffee.....	200 c.	
	<hr/>	720 c.
For the day.....		<hr/> 1220 c.

WEDNESDAY**Breakfast**

1 cinnamon bun with raisins and 1 cup clear coffee	150 c.	
	<hr/>	150 c.

Lunch

1 slice carrot loaf fried, 135 c.; 1 tbsp. pepper hash, 25 c.....	160 c.	
1 bran muffin, $\frac{1}{4}$ pat butter, 125 c.; 1 fig, 60 c.	185 c.	
	<hr/>	345 c.

Dinner

1 serving lamb stew, 2 pieces lamb, 125 c.; 1 potato, 100 c.; 1 onion, 25 c.; 1 turnip, 10 c.; 1 parsnip, 20 c.....	280 c.	
1 serving cottage cheese salad (cheese, raw carrot and parsley, mayonnaise).....	100 c.	
1 slice graham bread, $\frac{1}{4}$ pat butter, 125 c..	125 c.	
1 small slice raisin pie, 250 c.; 1 cup coffee or tea, 00 c.....	250 c.	
	<hr/>	755 c.
For the day.....		<hr/> 1250 c.

THURSDAY

Breakfast

1 glass skim or buttermilk, 80 c.; 1/2 slice bread or 1/2 roll or muffin, 50 c.; 1/4 pat butter, 25 c.....	155 c.	
	<u>155 c.</u>	155 c.

Lunch

1 portion orange joy (1 orange, 100 c.; 2 small cooked prunes, 60 c.; cocoanut scattered over lettuce and fruit dressing, 60 c.)	220 c.	
1 slice bran bread, 100 c.; 1/4 pat butter, 25 c.	125 c.	
	<u>345 c.</u>	345 c.

Dinner

1 bowl soup (lamb and vegetable), 300 c.; 2 soda crackers, 50 c.....	350 c.	
1 helping raw carrot and peanut salad, mayonnaise	125 c.	
1 French roll, 100 c.; 1/4 pat butter, 25 c..	125 c.	
1 topsy-turvy tart, 150 c.; 1 cup clear coffee, 00 c.....	150 c.	
	<u>750 c.</u>	750 c.
For the day.....		<u>1250 c.</u>

FRIDAY**Breakfast**

1½ tsps. orange marmalade, 50 c.; 1 slice graham bread toasted, 100 c.....	150 c.	
	<hr/>	150 c.

Lunch

1 cup cocoa (½ cup whole milk, 1 heap. tsp. cocoa, 1 tsp. sugar).....	185 c.	
1 large serving cabbage and celery salad, 2 tsps. mayonnaise	100 c.	
2 graham crackers, 68 c.....	68 c.	
	<hr/>	353 c.

Dinner

3 heap. tbsps. fried scallops, 160 c.; 1 dessert sp. sauce Tartare, 100 c.....	260 c.	
3 heap. tbsps. creamed celery, 70 c.; 1 piece French bread, 100 c.; ¼ pat butter, 25 c.	195 c.	
3 tbsps. apricot sauce, 250 c.; 1 small sugar cookie, 25 c.	275 c.	
1 cup coffee, 1 tsp. sugar, 20 c.....	20 c.	
	<hr/>	750 c.
For the day.....		<hr/> 1253 c.

SATURDAY

Breakfast

1 cup oatmeal, 100 c.; $\frac{1}{3}$ cup whole milk, 50 c.	150 c.
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Lunch

1 hot bacon sandwich (2 slices bread toasted, 200 c.; 3 strips crisp bacon, 75 c.)	275 c.
2 ripe olives, 40 c.; 1 cup tea, 1 tsp. sugar, 20 c.	60 c.
	<hr/> 335 c.

Dinner

3 tbsps. corned beef hash (canned beef)...	150 c.
3 tbsps. creamed cabbage, 25 c.; 2 pickles, 50 c.	75 c.
1 hot corn muffin, $\frac{1}{2}$ pat butter, 150 c....	150 c.
1 serving apple, date and nut salad, 150 c.; 1 tbsp. whipped cream and mayonnaise, 100 c.	250 c.
2 saltines spread with cream cheese and toasted, 60 c.	60 c.
1 cup coffee, 2 tps. sugar, 40 c.	40 c.
	<hr/> 725 c.
For the day.....	<hr/> 1210 c.

Hints for the Thin

The thin folks may feel that I have been stingy with them. They have been given only one menu a season instead of seven.

It is from no lack of interest or sympathy. It is simply that in their case there is a distinction with a difference.

There is always the fact that excessive thinness may mean ill health or overwork. No one can recommend a diet of more food, or richer food, unless quite certain that the person who is to eat all that extra stuff is able to get away with it.

So if your collar bones make you resemble a hat rack, and your vertebrae are altogether too interested in popping out to look at the world for themselves, first see your doctor. If he says you are physically fit—fall to and eat up! Only don't try to pad out with dill pickles or sauerkraut.

Eat more of everything. Be sure you eat a variety. Eat starches, fats and the simpler sweets. Don't think it necessary to dispose of French pastries by the dozen. You may gain flesh but you'll lose your health. And good health is more to be prized than beauty. There's no comfort without it, and really no lasting beauty, either.

You will notice in your menus that I have simply arranged a variety of fattening foods, well interspersed with green salads and fruits, and that

things easy of digestion have been chosen most often. In your own planning, do likewise.

The meals suggested here are not so very big. No second helpings are allowed for, and almost everybody wants a second helping of some thing. If you can eat them, do of course. But if the meals, on the other hand, seem too big, don't force yourself to the point of disgust.

Don't eat between meals—that is bad for everybody. But arrange for extra meals at regular hours. Milk is the best thing to take at such meals, as you aren't apt to get enough anyhow, and it's the best thing for you. But you may take cocoa, or simple ice cream, without extra rich sauces, or a bowl of rice—brown rice preferably—or oat meal, or whole wheat, steamed soft, with whole milk or cream and brown sugar. Have maybe five meals a day. Breakfast, early lunch, afternoon tea, dinner, and a bedtime supper. Food eaten just before you sleep produces more fat than food eaten at any other time.

You should reverse the advice given the fat folk. If possible have your food portions made more buttery, more creamy, than those served to other people—and if you can eat them, more generous too.

Remember you need all the fresh air you can get, exercise, though that in moderation, and above all—peace! Don't worry! You very, very seldom see a fat worrier!

Here follow seasonal groups of upbuilding menus.

SPRING UPBUILDING MENUS**Breakfast**

3 heap. tbsps. stewed rhubarb, 140 c.....	140 c.	
$\frac{3}{4}$ cup farina, 100 c.; with 1 tsp. sugar, 20 c., and 3 tbsps. thin cream, 90 c.....	210 c.	
2 slices whole wheat toast, 200 c.; 1 pat butter, 100 c.	300 c.	
1 poached egg, 70 c.; 2 strips crisp bacon, 50 c.	120 c.	
1 cup coffee with 2 tsps. sugar.....	70 c.	
		<hr/> 840 c.

Lunch

3 heap. tbsps. spaghetti with cheese dress- ing, 200 c.....	200 c.	
2 white rolls, 200 c.; 1 pat butter, 100 c.; 1 tbsp. jelly, 100 c.....	400 c.	
1 serving asparagus salad, 5 stalks with lettuce and 1 tbsp. mayonnaise.....	135 c.	
1 glass whole milk.....	160 c.	
1 large dish strawberries, 1 tsp. sugar, 70 c.; 1 slice frosted cake, 150 c.....	220 c.	
		<hr/> 1115 c.

Dinner

1 cup cream of spinach soup, 125 c.; 7 fried croutons ($\frac{1}{2}$ in. square), 50 c.....	175 c.	
1 serving pork tenderloin, stuffed, 250 c.; 4 small new potatoes in cream, 150 c...	400 c.	
2 slices bran bread, 200 c.; 1 pat butter, 100 c.	300 c.	
2 tbsps. apple sauce, 135 c.; 2 ripe olives, 40 c.	175 c.	
1 large serving water cress and lettuce, 1 tbsp. French dressing.....	110 c.	
3 heaping tbsps. tapioca pudding, 175 c.; 1 slice gingerbread, 220 c.....	395 c.	
		<hr/> 1555 c.
For the day.....		<hr/> 3510 c.

SUMMER UPBUILDING MENUS

Breakfast

2 sliced peaches, 88 c.; 1 tsp. sugar, 20 c.; 3 tbsps. thin cream, 90 c.....	198 c.
2 slices French toast, 250 c.; 3 tbsps. maple syrup, 200 c.....	450 c.
1 slice boiled ham, frizzled, 120 c.; ½ pat butter, 50 c.....	170 c.
1 cup coffee, 2 tps. sugar, 40 c.; 1 tbsp. average cream, 60 c.....	100 c.
	<hr/> 918 c.

Lunch

1 large glass iced cocoa, 280 c.; 1 fried egg sandwich, 300 c.....	580 c.
1 large serving lettuce with French dressing	100 c.
5 ripe olives	100 c.
½ cantaloupe, 50 c., filled with ice cream, 250 c.	300 c.
	<hr/> 1080 c.

Dinner

1 helping fricasseed chicken, 250 c.; 2 dumplings, 200 c.....	450 c.
1 large boiled potato, 120 c.; 1 ear of green corn, 120 c.....	240 c.
1 slice bread, 100 c.; 2 pats butter, 200 c..	300 c.
1 serving of lettuce, string beans and beets with mayonnaise	125 c.
1 helping raspberry roly poly with cream and sugar	250 c.
	<hr/> 1365 c.
For the day.....	<hr/> 3363 c.

AUTUMN UPBUILDING MENUS

Breakfast

2 bunches of grapes, 225 c.; 1 round of waffles, 400 c.....	625 c.
$\frac{3}{4}$ cup oatmeal, 100 c.; $\frac{1}{2}$ cup whole milk, 80 c.; 1 tsp. sugar, 20 c.....	200 c.
2 sausages (small), 130 c.; 1 pat butter, 100 c.	230 c.
2 tbsps. honey, 200 c.; 1 cup coffee, sugar and cream, 100 c.....	300 c.
	<hr/> 1355 c.

Lunch

1 cup rice, American, 450 c.; 2 graham gems, 2 pats butter, 400 c.....	850 c.
1 serving fruit salad, with banana, nuts, dates and mayonnaise, 400 c.....	400 c.
1 glass whole milk, 160 c.....	160 c.
	<hr/> 1410 c.

Dinner

1 cup cream of corn soup, 200 c.; 4 saltines, 60 c.....	260 c.
1 cup tuna fish a la Newburg, 400 c.; 1 slice bread, 100 c.....	500 c.
1 pat butter, 100 c.; 4 heap. tbsps. Saratoga chips, 300 c.....	400 c.
1 serving salad of beets, celery and green pepper, heaped on lettuce, mayonnaise..	125 c.
2 wafers thickly spread with cream cheese, 100 c.	100 c.
$\frac{1}{2}$ squash pie, 250 c.....	250 c.
	<hr/> 1635 c.
For the day.....	<hr/> 4400 c.

WINTER UPBUILDING MENUS

Breakfast

4 stewed figs with cream, 375 c.; 2 small codfish balls, cream sauce, 235 c.....	610 c.	
1 cup brown rice, 100 c.; ½ cup whole milk, 80 c.; 1 tsp. sugar, 20 c.....	200 c.	
2 large corn muffins, 250 c.; 1 pat butter, 100 c.; 1 tsp. jelly, 35 c.....	385 c.	
1 cup coffee with cream and sugar.....	100 c.	
		<hr/> 1295 c.

Lunch

1 cup home baked beans, 300 c.; 1¼ in. cube American cheese, 100 c.....	400 c.	
2 hot rolls, 200 c.; 1 pat butter, 100 c.; 3 tbsps. apple sauce, 200 c.....	500 c.	
½ head lettuce with 1 tbsp. French dressing	110 c.	
1 glass whole milk.....	160 c.	
		<hr/> 1170 c.

Dinner

1 bowl cream of celery soup, 200 c.; 4 saltines, 60 c.....	260 c.	
1 serving roast turkey, 350 c.; 1 heap. tbsp. dressing, 100 c.....	450 c.	
2 tbsps. mashed potatoes, 100 c.; 2½ tbsps. escalloped onions, 100 c.....	200 c.	
1 hot roll, 100 c.; 1 pat butter, 100 c.....	200 c.	
1 serving olives and celery, 100 c.; 2 tbsps. cranberry sauce, 50 c.....	150 c.	
1 serving salad of oranges, grapefruit and grapes, fruit juice dressing.....	125 c.	
1 2-in. slice mince pie, 200 c.; 1 cup coffee with 2 tsps. sugar, 40 c.....	240 c.	
		<hr/> 1625 c.
For the day.....		<hr/> 4090 c.

Supposing You Are Normal

Lives there a man with soul so dead, who never to himself has said, "This is my own, my native shape. It suits me and I hope to keep it just so forever?" Maybe, but if such a man exists, the conversations one hears point pretty strongly to the supposition that there is no such woman!

Every one of them seems to be trying to do something to alter the design of her mortal envelope.

But if few are conceited enough to think themselves perfect, at least there are plenty who do not wish to go any further towards either too-thinness or too-thickness, than they have gone already.

For such, these maintenance menus have been compiled. You are supposed, if you stick to them, to remain strictly "as is." It may be possible, if you're a really heavy eater, that you'll reduce a little on them.

They are supposed to count up to about twenty-four hundred calories a day. That is said to be about the average amount of food units needed to keep the normal human engine going healthfully and evenly. There are of course many exceptions. Age makes a difference, so does sex, occupation, of course, and very likely "race, color and previous condition of servitude." Everything seems to make a difference!

If you who read are a woodchopper, a deep-sea fisherman, a structural ironworker, a washwoman, or a farmerette, you are going to need from one thousand calories extra each day, up—up to maybe two thousand extra. Heavy work, especially heavy outdoor work, requires lots of steam, made from lots of simple, nourishing food.

On the other hand, the manicurist or bookkeeper or stenographer who sits down nearly all day, and gets his or her only exercise by walking a block to and from the street car at each end of the trip to work, does not need twenty-four hundred calories—ought to cut out from four to six hundred of them—while the woman who rises at noon, does nothing more strenuous than pencil her eyebrows, raise the bid at auction bridge, or pat-a-cake a bit of applause at the matinee, needs—oh, but why bother with what such a thing needs at all, especially as what she needs most is a good old fashioned spanking!

Remember that these menus allow for no eating between meals. That is the most pernicious habit anyone can have, and ought to be eliminated as thoroughly for the adult as for the child.

It is possible that the luncheons here given have been arranged with too little thought for the office worker, who must eat at a restaurant. I fear I've used those luncheons to show off my ideas about economies and left-overs and such, for the home folk.

But the business people, by reading the food values given, over and over again, for all of the

simpler things, can quickly get an idea of what to order from any menu. It is surprising—indeed it is almost distressing—how quickly the calorie value of your favorite foods, especially if they are terribly fattening foods like potatoes au gratin or chocolate cornstarch pudding—can get firmly fixed in your mind! And the fiendish rapidity with which those values can pop out at you when your most subconscious of subconscious selves starts the merest suggestion of a second helping, makes one believe in witchcraft.

Second helpings! They are the ban of beauty! They do more harm to fat folk than any other gastronomic item.

A professional beauty said in a recent interview that she kept her lovely figure by never indulging in second helpings. It is a good hint to remember—and a very hard one to follow.

It is not easy to keep yourself well or shapely by proper eating. But it is a whole lot easier than it is to eat yourself well once you are sick, to pad over the bones that have become thoroughly used to too much social prominence, or to drop off the pounds that have once lovingly gathered to the support of your too hospitable curves.

Remember that, and be careful! The menus that follow will help you.

Normal Menus for Spring SUNDAY

Breakfast

$\frac{1}{2}$ orange, 50 c.; 4 corn cakes 2 in. in diameter, 200 c.....	250 c.	
$\frac{1}{2}$ pat butter, 50 c.; 1 tbsp. maple syrup, 100 c.	150 c.	
1 large slice bacon, 35 c.; 1 cup coffee, 2 tsps. sugar, 1 tbsp. cream, 70 c.....	105 c.	
	<hr/>	505 c.

Dinner

1 cup consomme, 25 c.; 2 saltines, 30 c....	55 c.	
2 thin slices lean roast beef (rib), 200 c.; 2 tsps. made gravy, 60 c.....	260 c.	
2 average potatoes baked under meat, 250 c.	250 c.	
2 heap. tsps. spinach, 40 c.; 1 slice whole wheat bread, 100 c.; 1 pat butter, 100 c.	240 c.	
1 serving harlequin salad with French dressing	125 c.	
2 saltines with American cheese toasted into them	60 c.	
$\frac{1}{8}$ cream pie, 265 c.; 1 cup coffee, sugar and cream, 70 c.....	335 c.	
	<hr/>	1325 c.

Supper

1 serving watercress and lettuce salad with French dressing	75 c.	
2 orange marmalade sandwiches, 260 c.; 3 salted almonds, 20 c.....	280 c.	
1 slice sponge cake (small), 100 c.; 1 cup tea with cream and sugar, 70 c.....	170 c.	
	<hr/>	525 c.
For the day.....		<hr/> 2355 c.

MONDAY**Breakfast**

1/4 lb. cherries, stewed with 1 tsp. sugar....	100 c.	
3/4 cup oatmeal, 100 c.; 1/4 cup whole milk, 45 c.; 2 tsps. sugar, 40 c.....	185 c.	
1 slice whole wheat toast, 50 c.; 1/4 pat butter, 25 c.....	75 c.	
1 cup coffee, 2 tsps. sugar, 1 tbsp. cream..	70 c.	
	<hr/>	430 c.

Lunch

2 scrambled eggs on two slices toast.....	400 c.	
1 plate water cress and young dandelion greens with lemon juice.....	40 c.	
1 cup tea with 1 tsp. sugar, 1 slice lemon, 30 c.	30 c.	
2 pieces chocolate fudge measuring 1 cubic inch each	200 c.	
	<hr/>	670 c.

Dinner

1 roll deviled beef roll with gravy.....	350 c.	
3 new potatoes (small) plain boiled, with chopped parsley	125 c.	
2 tsps. red kidney beans, 85 c.; 1/2 piece French bread, 1 pat butter, 200 c.....	285 c.	
1 serving spinach jelly with dessert sp. mayonnaise	100 c.	
1 square hot gingerbread, 225 c.; 2 tsps. hot chocolate sauce, 125 c.....	350 c.	
	<hr/>	1210 c.
For the day.....		<hr/> 2310 c.

TUESDAY

Breakfast

½ medium sized grape fruit, 100 c.; 1 medium helping broiled salt mackerel, 100 c.	200 c.	
2 slices whole wheat toast, 200 c.; 1 pat butter, 100 c.; 1 tsp. jelly, 35 c.....	335 c.	
1 cup coffee with 2 tsps. sugar, 40 c.; 1 tbsp. cream, 30 c.....	70 c.	
	<hr/>	605 c.

Lunch

1 cup beef soup with vegetables, 125 c.; 6 saltines, 90 c.....	215 c.	
1 slice whole wheat bread, 100 c.; ¼ pat butter, 25 c.; 1½ cu. in. American cheese, 100 c.	225 c.	
2 ripe olives, 40 c.; 1 cup tea with 1 tsp. sugar, 1 slice lemon, 30 c.....	70 c.	
1 small slice gingerbread.....	200 c.	
	<hr/>	710 c.

Dinner

1 lamb chop en casserole with tomato gravy	180 c.	
2 heap. tsps. plain boiled rice, 100 c....	100 c.	
3 heap. tsps. green peas, 100 c.; 2 rolls, 200 c.; 1 pat butter, 100 c.....	400 c.	
¼ head lettuce, French dressing, 75 c.; 2 heap. tsps. prune whip, 100 c.....	175 c.	
1 small piece plain cake, 200 c.....	200 c.	
1 cup coffee, 1 tsp. sugar.....	20 c.	
	<hr/>	1075 c.
For the day.....		<hr/> 2390 c.

WEDNESDAY**Breakfast**

3 heap. tbsps. rhubarb, 140 c.; 1 soft boiled egg, 70 c.....	210 c.	
2 shredded wheat biscuits, 200 c.; 1 pat butter, 100 c.....	300 c.	
1 cup coffee, 2 tsps. sugar, 1 tbsp. thin cream	70 c.	
	<hr/>	580 c.

Lunch

4 heap. tbsps. clam chowder, 51 c.; 2 Pilot crackers, 260 c.....	311 c.	
1 baked banana, 100 c.; served with 1 tbsp. whipped cream and 2 ground walnut meats	220 c.	
1 cup tea with 2 tsps. sugar, 1 slice lemon, 40 c.	40 c.	
	<hr/>	570 c.

Dinner

1 slice boiled or steamed fresh codfish, 100 c.	100 c.	
2 tbsps. egg sauce, 85 c.; 2 tbsps. mashed potato, 100 c.....	185 c.	
1 large helping creamed asparagus.....	60 c.	
2 baking powder biscuits, 200 c.; 1 pat butter, 100 c.; 1 tsp. jelly, 35 c.....	335 c.	
1 serving salad of water cress, lettuce and pimento, French dressing.....	75 c.	
2 heap. tbsps. baked custard, 100 c.; 1 small slice chocolate cake, 250 c.....	350 c.	
	<hr/>	1105 c.
For the day.....		<hr/> 2255 c.

THURSDAY

Breakfast

½ orange, 50 c.; 3 thin slices fried cornmeal mush, 140 c.....	190 c.	
1½ tbsps. maple syrup, 100 c.; 4 crisp slices bacon, 100 c.....	200 c.	
1 slice toast, 100 c.; ½ pat butter, 50 c....	150 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 30 c.....	70 c.	
		610 c.

Lunch

1 egg au fromage on one slice toast, 250 c..	250 c.	
1 cup cocoa (made only ½ milk).....	125 c.	
¼ head lettuce with vinegar and sugar, 50 c.; 2 saltines, 30 c.....	80 c.	
4 heap. tbsps. strawberries, 1 tsp. sugar, 60c.	60 c.	
1 cup tea with 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 30 c.....	70 c.	
		585 c.

Dinner

2 slices tongue a la Susette, 160 c.; 2 tbsps. onions and carrots, 30 c.....	190 c.	
3 small new potatoes boiled, butter sauce..	130 c.	
1 French roll, 100 c.; ½ pat butter, 50 c.; 3 olives, 60 c.....	210 c.	
1 serving cottage cheese salad with chives, parsley, lettuce and mayonnaise.....	120 c.	
1 large cup junket, 200 c.; 1 tsp. jelly, 35 c	235 c.	
1 cup coffee with 2 tsps. sugar, 40 c.....	40 c.	
		925 c.
For the day.....		2120 c.

FRIDAY**Breakfast**

4 large prunes stewed, with juice, 130 c.;		
with $\frac{3}{4}$ cup farina, 100 c., and 2 tbsps.		
thin cream, 90 c.....	320 c.	
2 graham gems, 200 c.; 1 pat butter, 100 c.;		
1 cup coffee, 1 tsp. sugar, 1 tbsp. cream,		
70 c.	370 c.	
	<hr/>	690 c.

Lunch

2 slices cold tongue, 160 c.; 1 tbsp. tomato		
catsup, 10 c.....	170 c.	
2 slices white bread, 200 c.; 1 pat butter,		
100 c.	300 c.	
10 large raisins, 80 c.; 1 glass buttermilk,		
85 c.	165 c.	
	<hr/>	635 c.

Dinner

1 serving whitefish, planked or broiled,		
140 c.	140 c.	
1 potato surprise, 130 c.; 2 tbsps. escalloped		
tomatoes, 50 c.....	180 c.	
$\frac{1}{2}$ cup shredded cabbage with 2 chopped		
olives and strip of pimento, served with		
lettuce and mayonnaise.....	100 c.	
2 graham rolls, 200 c.; 1 pat butter, 100 c..	300 c.	
2 tbsps. baked dates, 200 c.; 1 tbsp.		
whipped cream, 100 c.....	300 c.	
	<hr/>	1020 c.
		<hr/>
For the day.....		2345 c.

SATURDAY

Breakfast

4 heap. tbsps. strawberries, 40 c.; 2 tbsps. boiled rice, 100 c.....	140 c.	
1 tbsp. grapenuts over rice, 35 c.; ½ cup whole milk, 75 c.....	110 c.	
4 strips crisp bacon, 100 c.; ¼ pat butter, 25 c.; 1 slice toast, 100 c.....	225 c.	
1 cup coffee, 2 tps. sugar, 40 c.; 1 tbsp. average cream, 60 c.....	100 c.	
	<hr/>	575 c.

Lunch

½ cup canned salmon, 100 c.; 1 slice lemon..	100 c.	
2 graham gems, 200 c.; 1 pat butter, 100 c.	300 c.	
2 tps. pear butter, 75 c.; 4 ripe olives, 80 c.	155 c.	
1 glass buttermilk, 85 c.....	85 c.	
	<hr/>	640 c.

Dinner

1 cup creamed dried beef, 200 c.; with toast points, 50 c.....	250 c.	
1½ potatoes, French baked, 200 c.; 2 heap. tbsps. dandelion greens, 25 c.....	225 c.	
1 Parker House roll, 100 c.; ½ pat butter, 50 c.	150 c.	
1 serving pear and pecan salad with 1 tbsp. mayonnaise	200 c.	
1 serving cottage pudding, 100 c.; 1½ tbsps. strawberry sauce, 90 c.....	190 c.	
1 cup coffee, 2 tps. sugar, 40 c.; 1 tbsp. average cream, 60 c.....	100 c.	
	<hr/>	1115 c.
For the day.....		<hr/> 2330 c.

Normal Menus for Summer

SUNDAY

Breakfast

3 heap. tbsps. raspberries, 46 c.; covered with juice $\frac{1}{2}$ small orange, 40 c.....	86 c.
1 cup oatmeal, 100 c.; $\frac{1}{3}$ cup rich milk, 60 c.; 1 tsp. sugar, 20 c.....	180 c.
1 slice boiled ham, frizzled.....	100 c.
1 slice toast, 100 c.; $\frac{1}{4}$ pat butter, 25 c.; 1 tsp. jelly, 35 c.....	160 c.
1 cup coffee, 2 tps. sugar, 40 c.; 1 tbs. thin cream, 30 c.....	70 c.
	<hr/> 596 c.

Dinner

1 cup cold consomme, 25 c.; 2 saltines, 30 c.	55 c.
1 serving fricasseed chicken, 150 c.; 2 dumplings, 100 c.....	250 c.
2 tbsps. gravy, 60 c.; 1 medium sized ear of corn, 50 c.....	110 c.
$\frac{1}{2}$ cup mashed potato, 100 c.; 1 slice bread, 100 c.	200 c.
$1\frac{1}{2}$ pats butter, 150 c.; cucumber, tomato and lettuce salad, French dressing, 100 c.	250 c.
2 heap. tbsps. vanilla ice cream, 200 c.; in $\frac{1}{2}$ muskmelon, 100 c.....	300 c.
1 cup clear coffee, 00 c.....	00 c.
	<hr/> 1165 c.

Tea

1 glass Russian chocolate, iced, topped with whipped cream, 150 c.....	150 c.
2 crazy quilt sandwiches.....	300 c.
1 cream puff, 150 c.....	150 c.
	<hr/> 600 c.
For the day.....	<hr/> 2361 c.

MONDAY

Breakfast

4 tbsps. huckleberries, 75 c.; ½ cup whole milk, 80 c.....	155 c.
1 cup puffed wheat, 60 c.; 2 slices bran bread toasted, 200 c.....	260 c.
1 pat butter, 100 c.; 1 cup coffee, 2 tpsps. sugar, 40 c.; 1 tbsp. average cream, 60 c..	200 c.
	<hr/> 615 c.

Lunch

2 tbsps. potato cheese puff, 250 c.; 1 glass whole milk, 160 c.....	410 c.
1 slice graham bread, 100 c.; ½ pat butter, 50 c.	150 c.
2 large sliced peaches, 90 c.; 1 tsp. sugar, 20 c.	110 c.
	<hr/> 670 c.

Dinner

1 portion chicken dumpling pie, with gravy	350 c.
2 corn oysters, 100 c.; 2 tbsps. Swiss chard, creamed, 80 c.....	180 c.
1 slice bread, 100 c.; ½ pat butter, 50 c...	150 c.
¼ head lettuce, 1 tbsp. Thousand Island dressing, 110 c.....	110 c.
2 saltines, 30 c.....	30 c.
1 portion bread pudding, 225 c.; 2 tpsps. jelly, 70 c.....	295 c.
1 cup coffee, 1 tsp. sugar, 20 c.....	20 c.
	<hr/> 1135 c.
For the day.....	<hr/> 2420 c.

TUESDAY**Breakfast**

½ cantaloupe, 100 c.; 1 cinnamon bun, 160 c.	260 c.	
1 coddled egg, 70 c.; 1 slice toast, 100 c.;		
½ pat butter, 50 c.....	220 c.	
1 cup coffee, 2 tsps. sugar, 1 tbsp. average		
cream	100 c.	
	<hr/>	580 c.

Lunch

2 dried beef and mayonnaise sandwiches,		
300 c.; 4 green olives, 80 c.....	380 c.	
1 glass lemonade, (2 tsps. sugar, 2 tsps.		
lemon juice, water).....	90 c.	
3 small sugar cookies, 100 c.....	100 c.	
	<hr/>	570 c.

Dinner

2 slices roast lamb, 235 c.; 2 slices carrot		
baked under the meat, 35 c.....	270 c.	
2 tsps. mashed potato, 100 c.; 2 tsps.		
gravy, 60 c.....	160 c.	
2 tsps. mint sauce, 30 c.; 1 helping Span-		
ish salad, 150 c.....	180 c.	
1 French roll, 100 c.; ½ pat butter, 50 c..	150 c.	
1 helping huckleberry roly poly, 200 c....	200 c.	
2 tsps. average cream, 120 c.....	120 c.	
1 cup coffee, 1 tsp. sugar, 20 c.....	20 c.	
	<hr/>	1100 c.
For the day.....		<hr/> 2250 c.

WEDNESDAY

Breakfast

3 heap. tbsps. blackberries, 30 c.; 1 tsp. sugar, 20 c.; 1 tbsp. thin cream, 30 c.....	80 c.	
½ cup creamed dried beef, 150 c.; 2 slices toast, 200 c.; 1 pat butter, 100 c.....	450 c.	
1 cup coffee, 2 tps. sugar, 40 c.; 1 tbsp. average cream, 60 c.....	100 c.	
	<hr/>	630 c.

Lunch

1 serving Waldorf salad, 250 c.; 1 glass iced cocoa, 125 c.....	375 c.	
4 saltines, 60c.; ¼ pat butter, 25 c.; 1 lady finger, 50 c.....	135 c.	
	<hr/>	510 c.

Dinner

1 serving trout or perch, fried in butter or margarine	150 c.	
3 tbsps. lima beans with milk and butter dressing	220 c.	
2 tbsps. potato cheese puff, 125 c.....	125 c.	
1 slice whole wheat bread, 100 c.; ½ pat butter, 50 c.; 1 tsp. jelly, 35 c.....	185 c.	
1 serving Romain cabbage and celery salad with mayonnaise, 125 c.....	125 c.	
½ cup raspberry ice, 200 c.; 1 slice simple cake, 200 c.....	400 c.	
	<hr/>	1205 c.
For the day.....		<hr/> 2345 c.

THURSDAY**Breakfast**

1 sliced peach, 44 c.; 1 tsp. sugar, 20 c.; 2 tbsps. whole milk, 28 c.....	92 c.
1 cup corn flakes, 100 c.; 1 tsp. sugar, 20 c.; $\frac{1}{3}$ cup whole milk, 55 c.....	175 c.
2 pop-overs, 1 pat butter, 300 c.....	300 c.
1 cup coffee, 2 tsps. sugar, 1 tbsp. average cream	100 c.
	<hr/> 667 c.

Lunch

2 date and nut, whole wheat bread sand- wiches, 300 c.; 3 ripe olives, 60 c.....	360 c.
1 glass iced tea, 2 tsps. sugar, 40 c.; 1 slice lemon	40 c.
2 squares chocolate fudge (small).....	200 c.
	<hr/> 600 c.

Dinner

1 individual lamb pie, 200 c.; 3 heap. tbsps. fried potatoes, 150 c.....	350 c.
1 serving lettuce, celery and tomato salad, French dressing	100 c.
2 hot, large biscuits, 200 c.; 1 pat butter, 100 c.	300 c.
1 cup baked custard, 150 c.; 1 small slice plain cake, 150 c.....	300 c.
	<hr/> 1050 c.
For the day.....	<hr/> 2317 c.

FRIDAY

Breakfast

5 medium plums, 100 c.; 1 poached egg, 70 c.	170 c.	
2 slices toast, 200 c.; ½ pat butter, 50 c..	250 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. average cream, 57 c.....	97 c.	
	<hr/>	517 c.

Lunch

2 Frankfurter sausages, 200 c; 2 white rolls, 200 c.....	400 c.	
3 pickles, 30 c.; ½ pat butter, 50 c.....	80 c.	
1 glass iced tea, 2 tsps. sugar, 1 slice lemon	40 c.	
1 doughnut, 200 c.....	200 c.	
	<hr/>	720 c.

Dinner

1 serving perch or halibut fried, 150 c.; 2 heap. tbsps. summer squash, 25 c.....	175 c.	
2 tbsps, rice boiled, 100 c.; 2 hot graham gems, 200 c.....	300 c.	
1 pat butter, 100 c.; combination salad, French dressing, 100 c.....	200 c.	
3 heap. tbsps. raspberries, 45 c.; 2 tbsps. average cream, 120 c.; 1 tsp. sugar, 20 c.	185 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 small sponge cake, 100 c.....	140 c.	
	<hr/>	1000 c.
For the day.....		<hr/> 2237 c.

SATURDAY**Breakfast**

1 large slice watermelon, 40 c.; $\frac{3}{4}$ cup oatmeal, 100 c.....	140 c.	
1 tsp. sugar, 20 c.; 3 tbsps. thin cream, 90 c.	110 c.	
4 strips thin crisp bacon, 100 c.; 1 slice toast, 100 c.....	200 c.	
$\frac{1}{2}$ pat butter, 50 c.; 1 cup coffee, 2 tsps. sugar, 1 tbsp. thin cream, 70 c.....	120 c.	
		<hr/> 570 c.

Lunch

1 good serving fish salad, 150 c.; 2 graham gems, 200 c.; 1 pat butter, 100 c.....	450 c.	
1 glass skimmed milk or buttermilk, 85 c..	85 c.	
1 peach basket	150 c.	
		<hr/> 685 c.

Dinner

1 serving liver in loaf form, 150 c.; 1 tbsp. gravy, 30 c.....	180 c.	
1 serving young onions, creamed.....	100 c.	
1 baked potato, 100 c.; 5 or 6 radishes, 10 c.	110 c.	
1 slice white bread, 100 c.; 1 pat butter, 100 c.	200 c.	
1 serving string bean, lettuce and celery salad, French dressing.....	130 c.	
1 helping blackberry smash (1 cup vanilla cornstarch with blackberries crushed; sugar poured over, dab whipped cream)	200 c.	
1 cup coffee, 2 tsps. sugar.....	40 c.	
		<hr/> 960 c.
For the day.....		<hr/> 2215 c.

Normal Menus for Autumn

SUNDAY

Breakfast

1 baked pear, 130 c.; 1 round of waffles, 200 c.	330 c.	
1 tbsp. honey, 100 c.; 1 pat butter, 100 c..	200 c.	
1 cup coffee or tea, 2 tsps. sugar, 40 c.;		
1 tbsp. average cream, 57 c.....	97 c.	
	<hr/>	627 c.

Dinner

1 slice lean roast beef, 250 c.; 1 square Yorkshire pudding, 175 c.....	425 c.	
2 tsps. mashed potato, 100 c.....	100 c.	
3 tsps. hot slaw, 20 c.; 2 tsps. gravy, 60 c.	80 c.	
1 slice whole wheat bread, 100 c.; ½ pat butter, 50 c.....	150 c.	
1 serving endive and lettuce salad with French dressing, 75 c.; 4 olives, 80 c....	155 c.	
1 grape dumpling with sauce.....	225 c.	
1 cup coffee, 2 tsps. sugar, 1 tbsp. thin cream, 70 c.....	70 c.	
	<hr/>	1205 c.

Tea or Lunch

1 serving Welsh rarebit, 300 c.; 2 pickles, 50 c.	350 c.	
1 glass Russian tea.....	50 c.	
1 French pastry, 200 c.....	200 c.	
	<hr/>	600 c.
For the day.....		<hr/> 2432 c.

MONDAY**Breakfast**

$\frac{1}{2}$ cup apple sauce, 100 c.; 2 corn muffins, 200 c.	300 c.
1 pat butter, 100 c.	100 c.
1 serving broiled finnan haddie, butter and milk sauce, 130 c.	130 c.
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. average cream, 57 c.	97 c.
	<hr/> 627 c.

Lunch

2 slices French toast, 240 c.; $\frac{1}{2}$ pat butter, 50 c.	290 c.
1 tbsp. corn syrup, 90 c.; 1 cup cocoa, 160 c.	250 c.
1 bunch grapes, 70 c.	70 c.
	<hr/> 610 c.

Dinner

1 deviled beef roll, 360 c.; 1 sweet potato ball, 200 c.	560 c.
2 strips fried parsnips, 50 c.; 3 olives, 60 c.	110 c.
1 whole wheat roll, 100 c.; $\frac{1}{4}$ pat butter, 25 c.	125 c.
1 serving raw carrot and peanut salad....	150 c.
1 cup junket, 150 c.; 1 cookie, 50 c.	200 c.
1 cup coffee, 2 tsps. sugar, 1 tbsp. average cream, 100 c.	100 c.
	<hr/> 1245 c.
For the day.....	<hr/> 2482 c.

TUESDAY

Breakfast

2 medium bunches grapes, 140 c.....	140 c.	
1 cup farina, 120 c.; sprinkled with 1 tbsp. grapenuts, 35 c.....	155 c.	
1 tsp. sugar, 20 c.; 2 tbsps. thin cream, 50 c.	80 c.	
1 slice whole wheat bread with raisins, toasted, 130 c.....	130 c.	
$\frac{1}{4}$ pat butter, 25 c.; 1 cup coffee or tea, 2 tsp. sugar, 1 tbsp. average cream, 97 c..	122 c.	
		627 c.

Lunch

1 serving roast beef stew with parsnips, carrots and onions, on toast.....	250 c.	
1 slice bread, 100 c.; $\frac{1}{4}$ pat butter, 25 c....	125 c.	
1 glass buttermilk or skim milk, 85 c.; 1 square hot gingerbread, 125 c.....	210 c.	
		585 c.

Dinner

1 slice cheese and nut loaf, 150 c.; 1 tbsp. cream gravy, 30 c.....	180 c.	
3 tbsps. creamed new cabbage, 50 c.; 6 pieces oven Frenched potato, 130 c.....	180 c.	
4 ripe olives, 80 c.; 1 tsp. jelly, 35 c.....	115 c.	
2 slices rye bread, 200 c.; 1 pat butter, 100 c.	300 c.	
1 serving pear and pecan salad with may- onnaise	200 c.	
1 slice economy cake, 200 c.....	200 c.	
1 cup coffee, 2 tps. sugar, 40 c.....	40 c.	
		1215 c.
For the day.....		2427 c.

WEDNESDAY**Breakfast**

2 tbsps. fried apples, 125 c.; 2 sausages, 150 c.	275 c.	
2 graham pancakes, 200 c.; 1½ tbsps. corn syrup, 75 c.	275 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. average cream, 60 c.	100 c.	
	<hr/>	650 c.

Lunch

1 slice nut loaf browned in a bit of fat...	160 c.	
2 slices bread, 200 c.; ½ pat butter, 50 c.; 1 tbsp. orange marmalade, 100 c.	350 c.	
1 scant glass whole milk, 125 c.	125 c.	
	<hr/>	635 c.

Dinner

1 lamb chop, 250 c.; 1 stuffed potato, 125 c.	375 c.	
2 tbsps. creamed lima beans, 125 c.	125 c.	
1 hard roll, 100 c.; ¼ pat butter, 25 c.	125 c.	
1 serving spinach jelly salad.	150 c.	
1 serving jellied pears, 200 c.; 1 cup coffee, 2 tsps. sugar, 40 c.	240 c.	
	<hr/>	1015 c.
For the day.		<hr/> 2300 c.

THURSDAY

Breakfast

1 banana baked in its skin, 100 c.; 1 cup puffed corn, 80 c.....	180 c.	
1 tsp. sugar, 20 c.; ½ cup whole milk, 80 c.	100 c.	
2 white gems, 200 c.; 1 pat butter, 100 c...	300 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 30 c.....	70 c.	
	<hr/>	650 c.

Lunch

1 serving creamed hard boiled eggs, 100 c.; in nest of spinach, 25 c.....	125 c.	
1 hard roll, 100 c.; ½ pat butter, 50 c.; 1 cup tea, 2 tsps. sugar, 40 c.....	190 c.	
¼ cup dried stewed apricots, 100 c.; 3 hermits, 120 c.....	220 c.	
	<hr/>	535 c.

Dinner

1 slice stuffed beef heart, 150 c.; 1 tbsp. gravy, 30 c.....	180 c.	
3 tsps. creamed potatoes, 110 c.; 2 tsps. escalloped squash, 60 c.....	170 c.	
1 slice graham bread, 100 c.; ½ pat butter, 50 c.	150 c.	
1 helping cream cheese and nut salad....	200 c.	
⅓ apple pie, 350 c.; 2 tsps. thin cream, 60 c.	410 c.	
1 cup coffee, 1 tsp. sugar, 20 c.....	20 c.	
	<hr/>	1130 c.
For the day.....		<hr/> 2315 c.

FRIDAY**Breakfast**

1/2 large orange, 50 c.; 1 serving beef heart and dressing hash, 100 c.....	150 c.	
2 hot rolls, 200 c.; 1 pat butter, 100 c.; 1 tsp. jelly, 35 c.....	335 c.	
1 cup coffee, 2 tsps. sugar, 1 tbsp. average cream	100 c.	
	<hr/>	585 c.

Lunch

1 hot cheese sandwich, (2 slices toast, 200 c.; 1/4 pat butter, 25 c.; cheese, 100 c.)..	325 c.	
1 cup tea, 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 40 c.....	80 c.	
2 cocoanut caramels	200 c.	
	<hr/>	605 c.

Dinner

1 slice salmon loaf, 150 c.; 1 tbsp. cream gravy, 30 c.....	180 c.	
3 heap. tsps. hot buttered beets, 50 c.; 2 heap. tsps. mashed potato, 150 c....	200 c.	
4 olives or pickles, 80 c.; 1 serving apple and celery salad, 125 c.....	205 c.	
1 slice graham bread, 100 c.; 1/4 pat butter, 25 c.	125 c.	
1 helping pineapple cream, 200 c.; sprinkling chopped nuts, 50 c.....	250 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 40 c.....	80 c.	
	<hr/>	1040 c.
For the day.....		<hr/> 2230 c.

SATURDAY

Breakfast

4 large dates, cut up, 100 c.; $\frac{1}{2}$ cup farina, 60 c.; 3 tbsps. thin cream, 90 c.....	250 c.	
$\frac{1}{2}$ cup creamed codfish in nest of mashed potato	175 c.	
1 slice whole wheat toast, 100 c.; $\frac{1}{4}$ pat butter, 25 c.....	125 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 40 c.....	80 c.	
	<hr/>	630 c.

Lunch

1 serving celery, beets, ripe olives and lettuce salad, mayonnaise, 150 c.....	150 c.	
2 peanut butter sandwiches (2 slices bread cut and doubled)	300 c.	
1 cup tea, 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 30 c.....	70 c.	
1 large raw apple, 75 c.....	75 c.	
	<hr/>	595 c.

Dinner

1 slice beef loaf made with rice, 170 c.; 1 tbsp. gravy, 30 c.....	200 c.	
1 each onions, young carrots and potatoes, roasted under meat.....	165 c.	
1 Parker House roll, 100 c.; $\frac{1}{4}$ pat butter, 25 c.	125 c.	
1 serving harlequin salad, 150 c.; 2 saltines lightly spread with cream cheese, 60 c..	210 c.	
$\frac{1}{6}$ pumpkin pie, 250 c.; 1 cup coffee, 2 tsps. sugar, 40 c.....	290 c.	
	<hr/>	990 c.
For the day.....		<hr/> 2215 c.

Normal Menus for Winter SUNDAY

Breakfast

$\frac{1}{2}$ grape fruit, 100 c.; 4 small corn cakes, 200 c.	300 c.	
1 tbsp. honey, 100 c.; 2 sausages (small), 150 c.	250 c.	
1 cup coffee, 2 tsps. sugar, 40 c.; 1 tbsp. thin cream, 40 c.	80 c.	
	<hr/>	630 c.

Dinner

1 helping roast turkey, 400 c.; 1 tbsp. dressing, 100 c.	500 c.	
2 tsps. gravy, 60 c.; 2 tsps. mashed potato, 100 c.	160 c.	
2 tsps. peas, 70 c.; 1 tbsp. cranberries, 40 c.	110 c.	
$\frac{1}{4}$ head lettuce, French dressing, 75 c.; 3 saltines, 45 c.	120 c.	
1 medium slice mince pie, 300 c.; 1 cup coffee, 2 tsps. sugar, 40 c.	340 c.	
	<hr/>	1230 c.

Tea or Supper

$\frac{1}{4}$ lb. mushrooms broiled, on toast, 275 c.; 3 ripe olives, 60 c.	335 c.	
1 cup tea, 2 tsps. sugar, 1 slice lemon, 40c..	40 c.	
1 jam sandwich, 150 c.	150 c.	
	<hr/>	525 c.
For the day.....		<hr/> 2385 c.

MONDAY

Breakfast

4 stewed prunes with sugar, juice, 100 c.;	
1 tbsp. thin cream, 30 c.....	130 c.
2 codfish balls, 220 c.; 1 corn muffin, 100 c.;	
½ pat butter, 50 c.....	370 c.
1 tsp. jelly, 35 c.; 1 cup coffee, 2 tsps. sugar, 40 c.;	
1 tbsp. average cream, 60 c..	135 c.
	<hr/>
	635 c.

Lunch

1 hot ham sandwich, 400 c.; 1 cup tea, 2 tsps. sugar, 1 slice lemon, 20 c.....	420 c.
3 stuffed olives, 60 c.; 1 chocolate nut caramel, 100 c.....	160 c.
	<hr/>
	580 c.

Dinner

1 serving cold roast turkey or turkey warmed in gravy.....	400 c.
1 tbsp. cranberry sauce, 40 c.; large helping celery, 15 c.....	55 c.
1 potato croquette, 120 c.; 1 roll, 100 c.;	
¼ pat butter, 25 c.....	245 c.
1 helping cherry and cheese salad.....	150 c.
1 portion nuts and raisins (12 raisins, 100 c.; 4 almonds, 2 pecans, 2 English walnuts, 100 c.).....	200 c.
1 cup coffee, 2 tsps. sugar, 40 c.....	40 c.
	<hr/>
	1090 c.
	<hr/>
For the day	2305 c.

TUESDAY**Breakfast**

1 heap. tbsp. orange marmalade, 100 c.;		
2 slices graham toast, 200 c.....	300 c.	
1 pat butter, 100 c.; 2 crisp slices bacon,		
thin, 50 c.....	150 c.	
1 egg fried in bacon grease, 90 c.; 1 cup		
coffee, 2 tsps. sugar, 1 tbsp. average		
cream, 100 c.....	190 c.	
	<hr/>	640 c.

Lunch

1 helping turkey meat and gravy on hot		
biscuit	300 c.	
1 glass whole milk, 150 c.; 3 saltines, 45 c.	195 c.	
4 halves canned peaches with juice, 100 c.	100 c.	
	<hr/>	595 c.

Dinner

1 slice carrot loaf, 100 c.; 2 tsps. cream		
sauce, 60 c.....	160 c.	
1 baked potato, 100 c.; 2 tsps. creamed		
dried lima beans, 125 c.....	225 c.	
1 serving shrimp salad, 150 c.; 1 slice rye		
bread, 100 c.....	250 c.	
½ pat butter, 50 c.....	50 c.	
1 serving baked dates, 300 c.; 1 small		
square plain white cake, 125 c.....	425 c.	
1 cup coffee, 2 tsps. sugar, 40 c.....	40 c.	
	<hr/>	1150 c.
		<hr/>
For the day.....		2385 c.

WEDNESDAY

Breakfast

12 large raisins, 100 c.; with $\frac{1}{2}$ cup steamed rice, 100 c.....	200 c.
3 large tbsps. thin cream, 90 c.; 1 tsp. sugar, 20 c.....	110 c.
1 large cinnamon bun with $\frac{1}{4}$ pat butter, 180 c.	180 c.
1 cup coffee, 2 tsps. sugar, 1 tbsp. average cream	100 c.
	<hr/> 590 c.

Lunch

1 slice carrot loaf warmed over with cream gravy, 200 c.....	200 c.
2 tbsps. sunshine potatoes, 150 c.; 1 glass buttermilk, 85 c.....	235 c.
1 slice whole wheat bread, 100 c.; $\frac{1}{4}$ pat butter, 25 c.....	125 c.
2 small figs, 100 c.....	100 c.
	<hr/> 660 c

Dinner

1 serving tongue a la Susette, 200 c.....	200 c.
3 tbsps. carrots, 25 c.; 3 tbsps. onions, 50 c.; cooked with the meat.....	75 c.
2 tbsps. mashed potatoes, 100 c.; $\frac{1}{2}$ pat butter, 50 c.....	150 c.
1 French roll, 100 c.; 1 tsp. jelly, 35 c....	135 c.
3 sour pickles, 30 c.....	30 c.
1 serving salad of radishes, celery, green pepper and lettuce, with mayonnaise....	100 c.
1 slice sponge ambrosia.....	300 c.
1 cup coffee, 2 tsps. sugar, 1 tbsp. average cream, 100 c.....	100 c.
	<hr/> 1090 c.
For the day.....	<hr/> 2340 c.

THURSDAY**Breakfast**

1 baked apple, 130 c.; 2 slices cream toast, 325 c.	455 c.	
3 strips thin, crisp bacon, 75 c.	75 c.	
1 cup coffee, 2 tsps. sugar, 1 tbsp. average cream, 100 c.	100 c.	
	<hr/>	630 c.

Lunch

3 slices cold tongue, 150 c.; 1 tbsp. pepper hash, 50 c.	200 c.	
2 slices bread, 200 c.; 1 pat butter, 100 c.	300 c.	
1 cup tea, 2 tsps. sugar, 40 c.; 2 small sugar cookies, 70 c.	110 c.	
	<hr/>	610 c.

Dinner

1 green pepper stuffed with rice and meat.	150 c.	
2 tsps. potatoes au gratin, 200 c.	200 c.	
3 heap. tsps. creamed cabbage, 30 c.	30 c.	
1 slice bread, 100 c.; ½ pat butter, 50 c..	150 c.	
1 serving endive salad with Roquefort cheese dressing	200 c.	
1 portion Prune Betty, 200 c.; 1 tbsp. hard sauce, 100 c.	300 c.	
1 cup coffee, 2 tsps. sugar, 40 c.	40 c.	
	<hr/>	1070 c.
For the day.		<hr/> 2310 c.

FRIDAY

Breakfast

½ grape fruit, 100 c.....	100 c.	
3 heap. tbsps. Indian meal mush, 100 c.; 2 tsps. sugar, 40 c.....	140 c.	
2 tbsps. thin cream 60 c.; 1 small Ham- burg steak, 100 c.....	160 c.	
1 graham gem, 100 c.; ¼ pat butter, 25 c.	125 c.	
1 cup coffee, 2 tbsps. sugar, 1 tbsp. thin cream, 80 c.....	80 c.	
		<hr/> 605 c.

Lunch

2 tbsps. baked lima beans, 200 c.; 2 pickles, 20 c.	220 c.	
1 glass skim or buttermilk, 85 c.; 1 slice bread, 100 c.; ¼ pat butter, 25 c.....	210 c.	
4 ginger snaps, 100 c.; 6 large raisins, 50 c.	150 c.	
		<hr/> 580 c.

Dinner

2 tbsps. escalloped oysters, 250 c.; 3 heap. tbsps. potato chips, 175 c.....	425 c.	
3 tbsps. spinach, 60 c.; with ½ hard boiled egg, 35 c.; butter, 25 c.....	120 c.	
2 hot biscuits, 200 c.; ½ pat butter, 50 c..	250 c.	
½ head lettuce with tomato, mayonnaise, 100 c.	100 c.	
1 serving coffee cornstarch, 200 c.; 1 tbsp. whipped cream, 100 c.....	300 c.	
1 cup coffee, 2 tbsps. sugar, 40 c.....	40 c.	
		<hr/> 1235 c.
For the day.....		<hr/> 2420 c.

SATURDAY

Breakfast

1 medium banana, 100 c.; cut into 1 cup puffed wheat, 60 c.....	160 c.	
1 tsp. sugar, 20 c.; $\frac{1}{3}$ cup whole milk, 55 c.	75 c.	
$\frac{1}{2}$ cup creamed tuna fish, 125 c.; 1 slice toast, 100 c.....	225 c.	
1 cup coffee, 2 tsps. sugar, 1 tbsp. aver- age cream, 100 c.....	100 c.	
	<hr/>	560 c.

Lunch

1 baked bean sandwich, 250 c.; lettuce, onion and orange salad, French dressing, 125 c.	375 c.	
1 cup tea, 1 tsp. sugar and lemon, 20 c....	20 c.	
5 small dates, 100 c.....	100 c.	
	<hr/>	495 c.

Dinner

1 veal partridge, 225 c.; 1 potato with parsley, 100 c.....	325 c.	
1 tbsp. gravy, 30 c.; 3 tsps. creamed turnips, 50 c.....	80 c.	
2 slices bread, 200 c.; $\frac{1}{2}$ pat butter, 50 c..	250 c.	
1 serving tomato jelly salad with may- onnaise	110 c.	
1 slice peach cobbler, 250 c.....	250 c.	
$\frac{1}{3}$ cup whole milk, sweetened, 75 c.....	75 c.	
1 cup coffee, 2 tsps. sugar, 40 c.....	40 c.	
	<hr/>	1130 c.
For the day.....		<hr/> 2185 c.

The Calorie Cook Book Recipes

This does not pretend to be a full and complete cook book. There are plenty of those, much more comprehensive ones than I could compile. I have tried to include recipes mentioned in the menus, and others that are exceptionally good. They are recipes gathered from my relatives and friends, adapted from cook books, invented—I like to imagine—by myself—and in some cases the same recipes found in the Boston Cooking School book.

There is some explanation necessary. Of course you know that “tbsp.” stands for tablespoon and “tsp.” for teaspoon, though I’ll mention the fact to be sure.

When I say “whole milk” I mean milk with the cream left in. I do not think there is a place in the book where, if whole milk is meant, I’ve not called it that. Most of the recipes are computed with skimmed milk. Of course whole milk can be used instead. It will make things better—*and more fattening*. Where a cream soup, for instance, is the main dish at a meal, whole milk ought to be used, but where the soup is a first course only, it isn’t necessary.

In adding my calories I’ve allowed 400 c. a cup for flour—395 is the exact figure—but that is sifted flour. If you are measuring unsifted it should be 459 c. Graham flour has a still higher value.

I must say again that the values in calories are

approximate only. They cannot be anything else. On all meats, for instance, figures are given in the scientific reference works for the value per pound of "lean," "very lean," "fat," and "very fat," and each time there are three subdivisions—maximum, minimum, and average. Now that would make twelve sets of figures to hand out for roast beef, let's say. Obviously, it can't be done. I have tried to take the medium figures.

All those different grades, all those intricate tables, telling what calories we should burn per hour while sleeping, waking, washing, walking, manicuring our nails and chasing the neighbor's hens out of the flower bed, are for the teacher or the expert alone.

The average housewife can't learn them—shouldn't have to learn them—won't learn them!

But of course the fact that all these differences exist, makes the absolutely accurate computing of food values difficult, if not quite impossible. Just remember that with everything, in every case, I have tried to strike a medium.

It should be understood that the calorie content indicated just below the name of each of the following recipes means the number of calories contained in the material called for in the recipe.

Bread Recipes

White Bread

2685 Calories

1 cup scalded milk	1 yeast cake
1 cup boiling water	$\frac{1}{4}$ cup warm water
2 tbsps. vegetable shortening	6 cups sifted flour
$2\frac{1}{2}$ tps. salt	

Put the shortening, sugar and salt in a deep smooth bowl, and pour on the boiling water. Dissolve the yeast in lukewarm water, and when the other mixture is lukewarm too, add it, and, gradually, five cups of flour. Stir with a strong spoon until thoroughly mixed. Add the rest of the flour, mix, and turn all out onto a well floured board. Knead it until the mixture is smooth, elastic to the touch, and has little bubbles under the surface. Return to the bowl, cover with a clean cloth, and a cover of board or tin. Let it rise overnight in a warm place. In the morning turn it out onto a floured board again, and cut it down, separating into several pieces with a knife. Knead again, shape into loaves or biscuits, put into greased pans, and set to rise again. When the loaves have risen to double their original bulk, bake in a hot oven. This same recipe may be used for entire wheat bread, but when entire white flour is used, three tablespoons of molasses should be added. Whole wheat bread is said to be very much the best for us in every way.

Grandma's Brown Bread*2000 Calories*

1 pt. white sponge	$\frac{1}{2}$ cup of molasses
$\frac{1}{2}$ cup brown sugar	$\frac{3}{4}$ cup warm water
$\frac{1}{2}$ tsp. salt	Graham flour

Take a good, generous pint from your white sponge. Put the brown sugar in a bowl and pour over it the warm water, stirring so all lumps will be dissolved. Add the molasses and salt and then the white sponge; lastly, graham flour until the batter is as thick as can be stirred with a spoon. Place in a greased pan and set away in a warm place to rise till light. Bake about an hour.

Parker House Rolls*1890 Calories*

1 pint sweet milk	1 tsp. salt, level
1 heaping tbsp. shortening	1 heaping tbsp. sugar
2 compressed yeast cakes	4 cups flour
	$\frac{1}{4}$ cup lukewarm water

Heat milk, shortening, salt and sugar together and cool. When only lukewarm add the yeast cakes, which have already been dissolved in warm water, and about four cups of flour, stirring the flour in carefully, so batter will be smooth. Beat well, cover and set in a warm place to rise. Put out on floured board, cut in two, and knead in more flour. Roll thin, and cut with a biscuit cutter. Brush half the round with butter, fold over in the center and lay in greased pans. Set away to rise again. Bake fifteen or twenty minutes in a moderate oven. The joy of these rolls is that

they may be got ready so quickly. If "set" at two in the afternoon, they can be ready for dinner, and they are deliciously light and fluffy.

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Baking Powder Biscuit

1080 Calories

2 cups flour	2 tbsps. shortening
3 tps. baking powder	1 cup milk
1 tsp. salt	

Sift the flour, baking powder and salt together; then mix in the shortening with the tips of the fingers. Then gradually add the milk until there is a dough soft enough to roll out but not soft enough to be squashy. More liquid may be needed—and by the way, you can use half milk and half water, or at a pinch, all water, and have good biscuit. Have a well floured board, put your dough on it and roll it out till it is about half an inch thick. Cut in rounds and bake fifteen minutes in a hot oven.

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Cinnamon Rolls

1660 Calories

2 cups flour	$\frac{1}{2}$ tsp. salt
3 tps. baking powder	2 tbsps. shortening
1 tbsp. granulated sugar	$\frac{1}{2}$ cup milk
1 tbsp. brown sugar	1 cup raisins and currants
	1 tsp. cinnamon

Mix the dry ingredients except the brown sugar; add the shortening, rubbing it in with your fingers, then the beaten egg and then the milk. Put the dough out on a well floured board and roll it much thinner than you roll it for biscuit, and as evenly as possible. Sprinkle over it the brown sugar,

the fruit and the cinnamon. Roll it gently until the whole is in a long roll. Then with a sharp, floured knife cut off rounds about one-half inch in thickness, place them in a greased pan, and bake a little longer than you bake biscuits, watching them carefully, as they need a quick oven.

Graham Gems

1710 Calories

3 cups graham flour	1 egg
3 tsps. baking powder	1 tbsp. melted shortening
1 scant tsp. salt	1½ cups skimmed milk
1 tbsp. molasses	

Mix the flour, salt and baking powder well together, add the molasses—more if you like things pretty sweet—the egg, well beaten, shortening and last the milk. Beat together, and bake in buttered gem pans, about twenty-five minutes. If you wish, you can use the same recipe with sour milk, using half the amount of baking powder and a teaspoon of baking soda, beaten into the sour milk till the milk foams. If you're reducing, make 'em with water. If enlarging, add some raisins.

White Gems

1585 Calories

3 cups flour	1 egg
1 tbsp. sugar	1½ tbsps. melted butter
3 tsps. baking powder	1½ cups sweet skimmed milk
1 level tsp. salt	or water

Mix dry ingredients, sift them together, stir in the butter, the beaten egg, and then, gradually, the milk or water. Bake about twenty or twenty-

five minutes. Don't use too hot an oven. These and the graham gems are good reheated. Before reheating, however, sprinkle them with water.

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Pop-Overs

1385 Calories

2 cups flour
 $\frac{1}{2}$ tsp. salt

1 tsp. melted butter
 $1\frac{3}{4}$ cups whole milk
4 eggs

In the first place, if you haven't iron gem pans or small earthen cups to bake in, you can't have pop-overs. A rose by any other name might smell as sweet, but a pop-over baked in granite or tin wouldn't be a pop-over. The pans for them must be piping, sizzling hot. Mix the salt and flour and pour in the milk, little by little, so the batter will be very smooth. Beat the eggs till they are as light as can be, add them and the butter; beat frantically with the egg beater for three minutes, and while all light and foamy pour into your hot pans, and pop them, pronto, into a hot oven. They too will pop, and come out the most luscious tidbits ever eaten for any meal. As there is no baking powder used, you can see that their lightness depends on your beating, so—don't spare yourself.

—o—

Quick Bran Bread

Without Nuts or Raisins

820 Calories

1 cup bran
1 tsp. baking powder
1 cup white flour

2 tbsps. sugar
 $\frac{1}{2}$ tsp. salt
Sweet milk

Mix the bran, flour, salt, sugar and baking powder; then stir in enough milk—a little more than half a cup—to make a stiff batter. If you are just maintaining, or adding, mix in last of all a half cup of raisins and a half cup of chopped nut meats. But if you are reducing, oh, I pray you, do not so!

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Corn Bread

1315 Calories

1½ cups yellow corn meal	¾ tsp. salt
½ cup white flour	1 egg
¼ cup sugar	1 cup milk
3 tsps. baking powder	2 tbsps. shortening, melted

Mix the dry ingredients thoroughly. Beat the egg well, then beat it into the milk and add. Add the melted shortening last. Turn into greased pans and bake about thirty minutes in a hot oven. Good as muffins, or baked in a sheet. Should be baked rather thin.

Corn bread is extra good made with sour milk. In using that, beat a scant teaspoon of soda into the milk if it is very sour, less if it is not thick yet, and use only one and one-half teaspoons of baking powder. Corn bread can also be flavored with molasses most acceptably.

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Corn Cakes

1569 Calories

1½ cups yellow corn meal	1 tbsp. sugar
1 cup of white flour	1½ cups water
3 tsps. baking powder	1 cup sweet skimmed milk
1 tsp. salt	1 egg

2 tbsps. melted fat-butter, margarine or vegetable shortening

Mix dry ingredients; stir in gradually water and milk; add egg, well beaten, and shortening, melted. Bake on a hot griddle.

Bread Crumb Cakes

1126 Calories

1 cup stale bread crumbs	2 eggs
finely ground	$\frac{1}{2}$ tsp. salt
1 cup graham flour	1 tsp. sugar
2 tbsps. fat	$1\frac{1}{2}$ cups sweet skimmed milk
4 tbsps. baking powder	

Soak the crumbs in the milk for about five minutes, so they will be soft, then add butter and the eggs, well beaten; then the other ingredients sifted together. A very palatable way to use up dry bread.

Graham Pancakes

959 Calories with Egg

1 cup graham flour	1 tsp. soda
$\frac{1}{2}$ cup corn meal	1 tsp. sugar
$\frac{1}{2}$ cup bran	1 tsp. salt

1 egg makes it better, but is not necessary

Stir all together well, except the soda. Dissolve that in a little warm water, and add last, beating it in thoroughly.

Sour Milk Pancakes

1154 Calories

$2\frac{1}{2}$ cups of flour	2 cups sour milk or butter-milk
1 egg	1 tsp. soda
1 tsp. sugar	$\frac{2}{3}$ tsp. salt

Sift the flour, salt and sugar together; dilute the soda in a spoonful of warm water, beat it into the milk and add that slowly to the flour; then add the eggs, well beaten.

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Waffles

1200 Calories

2 cups flour	1 tsp. sugar
2 eggs	1 tsp. molasses
1 tbsp. shortening	3 tsps. baking powder
½ tsp. salt	1½ cups milk

Sift the flour, sugar, salt and baking powder together. Separate the yolks and whites of the eggs and beat each thoroughly. Add the shortening, melted, the egg yolks, the molasses, and stir in the milk gradually. At the very last fold in the stiffly beaten whites. This may make a batter too thin to suit some tastes. Personally, I like it pretty thin. If you don't, just put in less milk, of course. Be sure in baking the waffles that your pans are hot on both sides and well greased, or the waffles will stick. Don't put in too much batter at once, or the waffles will come out soggy. If you prefer all your sweetening added after baking, leave out the sugar and molasses, though the molasses helps in the browning, and I think in the taste, too.

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Nut Bread

3240 Calories

1 cup sugar	4 cups flour
1 egg	5 tsps. baking powder
1 tsp. salt	1 cup nuts
1½ cups milk	

Mix the dry ingredients well; add the egg, well beaten, and gradually, the milk. Chop the nuts—English walnuts are best—and add them last. Pour into a bread pan and bake slowly and carefully for about forty-five minutes. Of course if you live near hickory, butternut, or black walnut trees, you can use the nuts from them. But their meats are much richer and less easily digested than the meats of the English walnuts.

—o—

Croutons

Many people prefer croutons to crackers, as an accompaniment to soup. They are at least a change and they are some help in solving the what-to-do-with-dry-bread problem.

Croutons are made by cutting slices of bread, from which the crust has been trimmed, into strips or dice. For the simpler ones, toast the bread first and cut to the desired size. For the richer ones, cut the bread, have ready a frying pan with melted fat in it, hot, and fry the croutons till they are a crisp golden brown. In either case, serve them hot.

Soup Recipes

As I remark in another portion of this work, what won't go into a salad will go into a soup. It is very true. The soup kettle, if you will forgive me, should be a sort of antigarbagepail. Many a time and oft has my family smacked its collective lips and said, "Um-m-m, that's good soup. What kind is it?" And when I repeat the component parts they sit aghast—but they don't stop eating it! The bones from that rib roast or from the leg of lamb. Cooked once? Why of course. But not boiled. The pathetic "slats" of the turkey or chicken or duck. The trimmings from "veal birds"; the tails of porterhouse steaks, plus the T-bone when it comes from the table. All these things hold within themselves the possibilities of delectable meals. They must be aided and upheld, of course. But how seldom is the nice fresh bought-on-purpose soup bone expected to fulfill its mission in life quite alone. Doesn't it also call loudly for the able support of a company of vegetables? Vegetable men the country over anticipate those calls by rows of neatly tied up "soup packages." Well, then, use those bunches of mixed vegetables on your own home-grown soup bones, or better yet, bring those left over bones onto the stage of your table supported by home talent. The outside leaves of the cabbage or lettuce, the coarse leaves of the celery

tops, the heavy butts of the carrots you grated for salad—these, with the aid of the ever faithful onion will boil up into a delicious dish, and after the soup is strained you can add the saucer of cold rice, that dab of cold peas or the few string beans, heat them up in the soup and serve them in it. When soup is not a course only, but a big part of a meal it is more satisfactory, as well as more entertaining, to have it full of unexpected good things.

After you have considered the possibilities of soups, as described, think of the rack of the chicken or turkey, boiled till every last bit of meat falls into the soup, the cold gravy added, the whole thickened till it is hardly soup any more, and served over slices of crisp toast or flaky baking powder biscuit. That, my friends, is to smile!

And fish—again I call your attention to the possibilities of the finny tribe.

Any fish that ever swam in water will swim as agreeably in the soup plate! Make his left-over fragments into cream soup, or chowder. It has been said that milk and fish should never be cooked together, but that is all poppycock.

If it were really so, think of the confirmation we should receive day by day. Creamed codfish, salmon, tuna, creamed sauces on boiled fish—why folks are eating those combinations by the thousands every day and, except for one here and there whose digestion may be peculiar in some way, with no ill results at all. The “freaks” can’t be considered in the ordinary menu. There are

plenty of people who become violently ill if they eat so much as a scrap of egg—or even a bit of one egg cake. But on their account we don't leave eggs out of our cook books or our diets.

Any left-over fresh fish can be made into a soup, generally with the addition of vegetables, almost always with milk. Or it can become a fish chowder, chowder being a sort of mixture of soup and stew. For the chowder slice potatoes and onions together, cover with water and stew gently till done. Have some sliced bacon fried crisp, break it in pieces, add the pieces and some of the grease to the potatoes and onions; add the bits of fish, stew together and serve with big pilot crackers. You don't need milk for a chowder but you can use it if you like.

And now, after this bit of loitering by the way-side, we will step back into the marching column of real recipes again.

—o—

Consomme

106 Calories per Quart

2 lbs. veal	2 tsps. salt
2 lbs. stewing beef	2 cloves
1 marrow bone	$\frac{1}{3}$ tsp. thyme
1 small carrot	2 sprigs parsley
1 small turnip	1 small bay leaf
4 stalks of celery	Pepper
1 medium sized onion	2 quarts cold water

Cut up the meat, brown about half of it in some of its own fat; put that, with the rest of the meat and the bone, into the water. Heat very slowly and simmer for three hours, skimming from time

to time. Add the onion, turnip, celery and carrot, all chopped. Put in the rest of the seasoning and cook slowly for another hour. Then strain it, let it cool, remove the fat and clear. To clear it successfully put in the slightly beaten white of one egg, the broken egg shell and a bit of lemon rind. Boil two minutes, simmer twenty minutes more, skim, and strain through cheese cloth. Chicken may be added to the recipe or may be substituted for the veal.

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Cream of Potato Soup

1145 Calories

2 large potatoes	4 cups whole milk
1 small onion	2 tbsps. butter
2 tbsps. flour	Salt and pepper

Cook the potatoes and onion together. Scald the milk and add to it the butter, pepper, salt, and the flour, which has been stirred to a thin paste with milk or water. Let this simmer a moment and then add the potatoes and onions, which have been put through a sieve. Cook all together for a little, stirring constantly, add a dash of paprika and serve. This is a large recipe for times when soup is really the main part of the meal.

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Oyster Soup

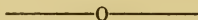
Oyster Soup (Whole Milk)

1370 Calories

1 quart oysters	2 tbsps. butter
1 quart milk	1½ tps. salt
1 tbsp. flour	Dash of red pepper

Rub the flour into the butter, which has been

melted. Scald the milk and add gradually, stirring all the time, the flour and butter. Put the oysters in a sieve, saving the juice which drains from them; wash them and remove all bits of shells. Heat till it boils the liquor which has drained off, strain it, heat again; add oysters and cook them till they plump up and their edges curl. Add the prepared hot milk, season and serve at once.

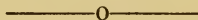


Cream of Asparagus Soup

770 Calories

1 bundle of asparagus	3 cups whole milk
1½ tbsps. butter	Salt
1½ tbsps. flour	Pepper

Cook the asparagus gently until tender—about thirty minutes. Cut off the tips and set them aside and then put the stalks through a sieve. Scald the milk, add the butter, and gradually the flour, which has been rubbed to a thin paste with water. Stir constantly till well blended. Add to it the strained asparagus, cook together, season to taste, add the tips, and then serve.



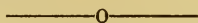
Bacon Cream Soup

1235 Calories

2 large potatoes	3 slices bacon
1 large onion	2 tbsps. flour
3 stalks of celery	4 cups whole milk
2 tbsps. bacon grease	

Cut the potato, onion and celery in slices and cook all together until tender. Fry the bacon till

it is crisp. Stir the flour to a paste with two table-
spoons water. Scald the milk and when it is hot
add to it the bacon, broken into bits, some of the
bacon grease, the flour, stirring that in carefully,
and then put in the sliced vegetables. Cook all
together a minute or so and serve. This makes
a really hearty meal.

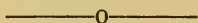


Cream of Cabbage Soup

850 Calories

1 lb. cabbage	3 tbsps. butter
3 stalks celery	2 tbsps. flour
1 slice onion	4 cups milk

Slice the cabbage and celery—you can use
leaves and all—very fine, add the onion and cook
until very well done—about thirty minutes—in
boiling salted water. Put the whole through a fine
sieve. Scald the milk, thicken with butter and
flour, stir in the strained cabbage, season, cook
together a moment, and serve.



Cream of Spinach Soup

715 Calories

$\frac{1}{2}$ can spinach	$1\frac{1}{2}$ tbsps. flour
2 tbsps. butter	3 cups milk

Salt and pepper

Drain the spinach, chop it, and put it through
a sieve. Scald the milk, thicken it, season it, and
stir in the spinach. Fresh spinach can of course
be used. If you have bacon fat you're trying to
use up it goes very well here instead of butter.
If any of these soups are to be used as main

dishes at lunch or dinner, add to them some grated cheese just before serving.

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Clear Tomato Soup

515 Calories

1 quart of tomatoes	2 tsps. sugar
1 pint water	1 tsp. salt
1 small bay leaf	1 pinch soda
2 cloves	2 tbsps. butter
2 slices onion	2 tbsps. flour
$\frac{1}{8}$ tsp. pepper	

Into the water put the tomatoes and all the seasonings and cook for twenty minutes. Then strain and add the salt and the soda. Bind the soup together with the flour and butter, and serve.

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Cream of Celery Soup

610 Calories

3 cups celery	3 cups milk
1 sliced onion	Salt and pepper
2 tbsps. butter	1 cup water
2 tbsps flour	

Parboil the celery, which has been diced, and the onion, in water to cover, until they are soft. Put through a sieve. Scald the milk and put into it the strained celery with any of the water that was left from boiling it, also one cup of water. Have the butter and flour rubbed together and add them slowly to bind the soup together. Season and serve. When the soup is not a first course but part of a meal it is often better not to put the celery through the sieve. In such a case heat, thicken and season the milk and celery water and

when it is all ready add the cooked celery. As my better half remarks, "Soup's so much more interesting when you keep finding things in it."

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Cream of Corn Soup

1065 Calories

2 cups corn, fresh, or	2 tbsps. flour
1 can of corn	4 cups milk
3 strips of bacon	Salt and pepper
1 tbsp. bacon grease	

See that the corn is very well cooked. Then put through a sieve or leave it "as is," according to family tastes. Fry or bake the bacon till crisp and break the strips into bits. Scald the milk and thicken it with the flour rubbed into the bacon grease. Or if you think you can handle it better another way, just thin the flour with a bit of the milk, cold, and stir in slowly, adding the grease afterward. Some people can't handle grease and flour thickening without making the soup or gravy into which it goes lumpy—and it is such a nuisance to strain the whole thing after it's done! However you do it, have the milk thickened, greased and seasoned, and then stir in the corn and the bits of bacon and serve.

Fish Recipes

Fish Values—Average, Edible Portion

Bass, Black	455 c. per pound
Bass, Sea	390 c. per pound
Bass, Striped	465 c. per pound
Blackfish	405 c. per pound
Bluefish	410 c. per pound
Catfish	1135 c. per pound
Cod, fresh	325 c. per pound
Cod, salt	410 c. per pound
Haddock	335 c. per pound
Halibut	565 c. per pound
Herring, fresh	660 c. per pound
Herring, smoked	1355 c. per pound
Mackerel, fresh	645 c. per pound
Mackerel, salt	1435 c. per pound
Mullet	555 c. per pound
Muskellunge	480 c. per pound
Perch, White	530 c. per pound
Perch, Yellow	380 c. per pound
Pickrel	370 c. per pound
Pike	365 c. per pound
Red Snapper	410 c. per pound
Salmon	950 c. per pound
Sardines	1260 c. per pound
Shad	750 c. per pound
Shad Roe	600 c. per pound
Smelts	405 c. per pound
Trout, Brook	445 c. per pound
Trout, Lake	765 c. per pound
Tuna, canned in oil	1300 c. per pound
Turbot	885 c. per pound
Weakfish	430 c. per pound
Whitefish	700 c. per pound

Boiled Fresh Codfish

325 Calories per Pound

Buy about two pounds of fresh cod, getting it out of the center of the fish if you can. Clean it thoroughly, lay it on a plate, put in a steamer, drop a couple of bay leaves, some summer savory and celery seeds into the water in the lower part of the steamer, cover all tightly, and steam for an hour, or until the meat is quite tender and flaky. Remove all skin, trim neatly, put on a hot platter, garnish with parsley, and serve with plain boiled potatoes and egg sauce, or if you wish, shrimp or oyster sauce. Of course, you can steam it without the bay leaf et cetera in the water, and maybe you'd like it better plain. You can cook fresh halibut, haddock or salmon in exactly the same way, and all of them are just as good as they can be. You can boil them too, but they are apt to go to pieces when boiled. If you do try it, add salt and a bit of vinegar or lemon juice to the water, and tie the fish up in a cloth before dropping it in, so it won't get scummy and will keep together.

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Baked Bluefish

410 Calories per Pound

Buy a four-pound bluefish, cut off his tail and his head, clean well, stuff with fish stuffing, which differs a little from chicken stuffing, though you can use chicken stuffing if you like, and bake about an hour. Add a little hot water after baking has begun. When half done rub butter over the fish,

and baste it now and then. In the same way bake fresh mackerel, whitefish, lake trout, wall-eyed pike, or for that matter, about any fish big enough to be stuffed. The drier fishes may need strips of bacon laid over them while baking, the fatter, richer ones will not. Garnish them all with sprigs of parsley before serving.

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Creamed Codfish

Salt Cod, 410 Calories per Pound

White Sauce, 1080 Calories per Pint

If you use the prepared codfish, it'll be easy, but it won't be the regular article which real codfish fans demand. Buy the dried, salted fish, and soak it well in at least two waters. Pick it over carefully. Make a plain white sauce of milk, butter and flour. Cook the picked over fish flakes in this sauce a minute or so, and after taking from the fire, beat in quickly an egg, already beaten up. Hard boiled eggs, chopped, are good in the fish, or as a garnish around it.

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Codfish Basket

Mashed Potato, 200 Calories per Cup

Creamed Fish, as Above

Line a buttered baking dish with left-over mashed potato—it's always well to make enough mashed potato so there will be some left, as there are so many interesting things to do with it—fill the center with creamed codfish, scatter a few dabs of butter and fine bread or cracker crumbs over the top, and bake in a quick oven till it's

slightly brown on top. Any sort of creamed fish is good fixed in this way.

Tuna Fish a la Newburg

1800 Calories

1 large can tuna fish	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ green pepper	Dash cayenne pepper
$\frac{1}{2}$ pimento	1 pt. whole milk
3 stalks celery	1 tbsp. cream
3 ripe olives	1 tbsp. butter
3 green olives	2 tbsps. flour

Parboil the green pepper and celery till they are tender, and drain. Chop them and the pimento and olives together. Make a white sauce from the milk, butter, flour and cream, and season it with salt and pepper. Pull the fish apart in big flaky pieces, add it to the sauce, turn in the other things, cook all together a few moments, and serve surrounded by toast points.

Salmon Croquettes

1300 Calories Without Frying Fat

1 lb. can salmon	1 egg
1 cup mashed potato	Cracker crumbs

Frying fat

Pick over the salmon meat very carefully, so there will be no bones or fat. Mash the meat with a fork so there will be no lumps, and mix it well with the mashed potato. Separate the egg, beat the yolk slightly, and add to the fish and potato. Mix thoroughly and season to taste. Beat the egg white a little, form the salmon mixture into croquettes, roll each in the egg white, then in fine

cracker crumbs, and fry. Serve with white sauce, in which it's extra nice to stir a few green peas. Tuna fish croquettes may be made the same way.

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Fried Sardines

1260 Calories per Pound

Open a can of sardines carefully, so you can take the little fish out whole. Pour the oil into a frying pan; range the sardines side by side in the pan, and fry them crisp in their own oil. Serve on toast, which has been barely moistened with a little hot water and butter.

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Planked Whitefish

700 Calories per Pound

Planked fish are extra good! As the planks are not expensive, especially if you buy just a plain one without any fancy holder, it pays to have one for a family that serves fish often. It's such an easy way of cooking the fish, too. Buy a fish that weighs two and a half or three pounds. Split it, scrape it, and put it skin side down, on the plank, which has been generously buttered. Sprinkle the fish with salt and pepper and dot with butter. If you cook with a coal range, set the plank in a hot oven and bake twenty-five minutes. If you have a gas range, try it in the broiler, under the flame. When done, take out; have hot mashed potato ready; arrange the potato in a low mound around the edge of the plank; set it back under a hot flame until the potato is browned delicately; add sprigs of parsley; serve.

Lake trout can be planked to great advantage, too, and shad is delicious that way, but then, is there a way or fashion of cooking in which shad is not delicious? If midland and far western people could only know it better!

Oysters and Celery

615 Calories Without Toast

1 cup chopped celery	1 pt. oysters
1/2 tbsp. chopped parsley	2 1/2 tbsps. margarine
1/3 tsp. lemon juice	1 cup white sauce
Salt and pepper	

Melt the margarine, or butter, add the lemon juice and cook in it the washed, drained oysters and the celery, which has been already parboiled. When the edges of the oysters begin to curl pour in a cup of hot white sauce, well seasoned with salt and pepper; add the chopped parsley, stir all together well, and serve on hot toast.

Fried Skinned Pike

365 Calories per Pound

Buy as many skinned pike as you need, roll them in corn meal, and fry them in rather deep fat. If the fat is not deep enough they are apt to be much greasier than when there is plenty, and it must be hot, but not hot enough to burn the fish. If a bit of the soft part of bread cooks brown in the fat in one minute, it is right for frying the fish.

Follow these same directions for codfish steaks, halibut steaks, and for most of the little fresh

water fish—bluegills, perch and so on. If you for some reason do not like the corn meal, roll them in flour or in very fine cracker or bread crumbs. Of course you don't have to roll them in anything at all. Just fry 'em as they come. But be sure they are crisp, thoroughly done, and not fat soaked or soggy.

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Golden Oysters

670 Calories Without Toast

1 pt. oysters	Nutmeg
2 tbsps. margarine	2 egg yolks
1 tsp. salt	$\frac{1}{4}$ cup thin cream
Cayenne pepper	

Clean and prepare the oysters. Put the margarine, or butter, in a sauce pan, melt it, and cook the oysters in it till their edges begin to curl. Then add the salt, a bit of cayenne and a dash of grated nutmeg. Have the egg yolks well beaten in the cream, and add them last, stirring constantly until thickened. Serve on toast or hot crackers. Oysters, by the way, average 230 c. per pound.

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Fish Stuffing

670 Calories

1 cup cracker crumbs	1 tsp. onion or tomato juice
2 tbsps. melted butter	Parsley, chopped
Salt and pepper	Capers

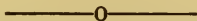
Crumble the crackers, don't grind them fine. Pour over them the melted butter, add salt and pepper to taste, then the onion or tomato juice and the parsley and capers.

Meat Recipes

Roast Beef

*Rolled Rib Roast Medium Fat Averages About
1640 Calories per Pound*

Clean roast well, wipe dry, rub with salt, dredge with flour and put in baking pan. One with a rack on which to lay the meat is best. Add one-half cup hot water. Put at once into a hot oven, so meat may be seared rapidly and its juices retained. After it is seared, reduce heat and cook twenty minutes to the pound—a little more if you wish the roast well done, less if you prefer meat rare. Baste often. If you buy a “rolled roast” you will have no left-overs of raw meat. But if you buy a standing roast, have the bones saved so you can make a soup, and have the lower part of the ribs sawed off for another and different roast.



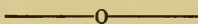
Roast Short Ribs of Beef

*Trimblings of Rib Roast Average 1515 Calories
per Pound*

Short ribs	6 medium potatoes, peeled
4 medium carrots	1 bay leaf
6 medium onions	Flour

Salt and flour your short ribs as you do the other roast. Put in covered baking dish, surrounded with carrots, sliced once the long way, onions and potatoes. Add bay leaf and one-half

cup of hot water. Put into hot oven, bake ten minutes, lower heat and bake slowly three hours, basting frequently if it is not in well covered baking pan. Serve with gravy made in pan. A convenient "all in one dish" meal.



Yorkshire Pudding

1 cup milk

2 eggs

1 cup flour

$\frac{1}{4}$ tsp. salt

This is an English goodie we Americans ought to cultivate more than we do. We may have neglected it, due to the fact that we like "made gravy." The English are apt to think our made gravies silly, to say the least, and according to their *modus operandi*, Yorkshire pudding and made gravy can not exist at one and the same time. But they really can. The English man—or I should say English woman, I suppose—bakes the pudding in the pan in which the meat is roasted, and it takes up all the grease unto itself, and is very good, but there's no chance for gravy after it's done! However, don't bake it that way. Have a separate pan for the pudding. Get some extra suet with the roast, if it's not a fat one from which you can cut what is needed. Try out the grease and put in the bottom of a hot pan. Don't just grease the pan, have a little grease standing in the bottom—hot. Now, mix the salt with the flour of your recipe, and sift together, then add the milk gradually, so the batter will be very smooth. Beat the eggs until they are very, very light, and beat into the rest of the batter. Then

pour into the hot fat in the hot pan and put in a hot oven. It will bake in about twenty minutes, and after it has raised well, it makes it good to baste it with drippings from the roast. In this way you can be both English and American, enjoying the advantages of both schools of cookery—though I will add that no real Englishman will admit that Yorkshire pudding done this way is as good as the English article.

The recipe, you will notice, is the same as for pop-overs, and like them depends for lightness on beating. The pudding should be served in slices or squares, a portion with each helping of beef.

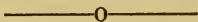
Pot Roast of Beef

5420 Calories Without Gravy

6 lbs. pot roast	6 onions
½ lb. spaghetti	4 strips bacon
½ can tomatoes	½ bay leaf
Salt and pepper	

Naturally, when buying pot roast, the better the cut the better the taste. But the purchaser of pot roast seldom cares to pay top sirloin or round steak prices per pound, and the best average cut sold for this form of cooking is a piece of chuck. And very delicious a chuck pot roast is. You can of course have a big one or a little one, but six pounds is a good average. It always pays to have plenty of pot roast left over, it is so good sliced cold, or made up into a meat pie, stew or hash. Take your roast and see it is well trimmed and cleaned. Dry it, and pop it into a

skillet in which you have cooked your bacon till it was almost done, laying the bacon aside for the moment. Fry the roast on both sides till it is crisp. This keeps in the juices, and gives the finished product a delicious flavor. When it is done, put it in your fireless cooker, or the big pot in which it is to simmer—an iron pot makes the meat extra good. Put on top your onions, peeled but whole; on top of them lay the strips of bacon, and pour over all the bacon grease from the frying pan, a half cup of hot water, added first to the pan, to help in getting out all the grease there is, and the tomatoes, with the bay leaf and salt and pepper. Finish in the fireless cooker, or let it simmer three hours, adding water in cooking if necessary. About thirty minutes before the roast is done add to the liquor the spaghetti, broken into two-inch pieces, letting that cook with the meat till it is tender. Arrange the onions around the roast on the platter; serve the spaghetti in a separate dish. A wonderful “next day” dish is made by taking the left-over spaghetti and onions, putting them in a baking dish, onions on top, moistening them with any gravy there is, and baking about twenty minutes.



Deviled Beef Rolls

1800 Calories

6 slices cold roast beef	Prepared mustard
Worcestershire sauce	Pepper and salt
1 small clove garlic, if liked	

Slice the beef evenly and in rather thick slices.

Sprinkle each slice with salt and pepper and spread with prepared mustard. Roll each slice and fasten with a toothpick. Arrange in shallow baking dish, add any left-over gravy, soup stock, or plain water if necessary, a teaspoon of Worcestershire sauce and the garlic. Bake in a moderate oven about thirty minutes.

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Smothered Steak

1825 Calories Without Gravy

1 flank steak or	1 small bay leaf
1½ lbs. round	1 pinch celery seed
1 cup canned tomatoes	Salt and pepper to taste
Six whole medium sized onions	

Have your steak well scored if you buy flank steak, or if it is round steak give it a good pounding yourself with the edge of a heavy plate. Lay it in a well greased casserole (or the kettle of your fireless cooker) and pour over it the tomatoes and a little water. Stand the onions on top, and dot them with bits of suet. Add your bay leaf and sprinkle over your celery seed and salt and pepper to taste. Cook slowly for three hours in the cooker of a tightly covered casserole. Serve on one platter, arranging the onions around the edge and pouring over the meat a thickened gravy made from the tomatoes and drippings in the pan. If you are not acquainted with bay leaves, introduce yourself. They're cheap—fifteen cents will buy enough to last you five years, with no exaggeration, unless prices have “riz” alarmingly

just lately, and they add a delicious flavor to soups and made dishes.

O

Meat Loaf
1500 Calories

1 lb. chopped beef	1 egg
¼ lb. chopped pork	½ tsp. salt
1 cup bread crumbs	⅛ tsp. black pepper
½ onion	¼ cup skimmed milk
2 strips bacon	1 tsp. poultry seasoning

If you grind your meat at home, grind onions, or if you do not care for onion seasoning, two stalks of celery, with it. If you buy ground meat chop onion or celery very fine and add. Add gradually the crumbs and seasoning and then mix in thoroughly the egg and milk. Form in a long oval loaf, place the strips of bacon across the top, lay in a greased pan and put in a hot oven. After it has cooked about five minutes, add one-third cup of hot water, lower the heat, and bake in a moderate oven three-quarters of an hour longer, basting often. Cracker crumbs can be used instead of bread, or rice, but both are higher in calories than bread crumbs. Veal instead of beef is often used.

O

Mock Duck
2000 Calories

1 flank steak	4 strips bacon
1½ cups dressing	Salt and pepper

Buy a flank steak and have it well scored at the butchers. Make a dressing as for poultry, and lay it on the steak, then roll the steak around it

and fasten with skewers or a cord. For the amateur a cord is best, producing a more certain if less artistic effect. Lay meat in pan, with bacon over it, add one-third cup of hot water and put in a moderately hot oven. After about five minutes lower the heat and bake, with frequent basting, for an hour. Of course you don't really have to baste it, especially if it is done in a regular roasting pan, or between any two pans that fit tightly together, but you'll have a juicier, more delectable bite if you do take the time to moisten it now and then.

—o—
Beef Steak Pie
6150 Calories

3 lbs. round steak	Suet
1 lb. mushrooms or	Pastry dough
Equal bulk of celery	Salt and pepper

Stand over your butcher and make him cut the steak a great deal thinner than he thinks you ought to have it. Make him just shave it. Have a rather shallow baking dish with slightly sloping sides. Cut your meat into pieces three or four inches square and roll into tight little rolls, with a bit of suet in the heart of each roll. Flour each roll and arrange them neatly in the bottom of your baking dish until it is covered. Salt and pepper the rolls slightly, then put in a layer of mushrooms or sliced celery; then another layer of meat rolls and pour in gently half a cup of water. Then take your pastry dough, roll it thicker than for an ordinary fruit pie, cover the

meat and decorate around the edge of the dish with two long strips of pastry coiled together into a rope effect. With a knife make a design on top, with one hole in the center big enough to let you add water as the pie needs it. Bake in a slow oven three and one-half hours, carefully adding water now and then. If the crust shows signs of baking too rapidly cover with folds of heavy paper. This is an old English recipe and must have come from the royal kitchen, as it is indeed a dish fit for a king. This recipe will serve ten people.

—o—

Roast Liver

1335 Calories Without Gravy

1 lb. beef liver	1 egg
8 strips bacon	Salt and pepper
½ cup bread crumbs	1 small bay leaf
6 onions	1 whole clove
½ cup milk	1 tbsp. bacon fat

Beef liver is best for this dish, so you can use it when your housekeeping allowance has worn down towards its last pennies and a meal or two is to be provided before the next pay day brings joyous relief. Wash the liver thoroughly in hot water and then parboil it for fifteen minutes, putting in the water, salt, pepper, bay leaf and clove. While it is boiling, fry or broil five strips of bacon till it is crisp and mash it or break it into bits.

When the liver has boiled, cool it a little and trim out all the parts that are tough or stringy; then put it through one of the finer knives of the meat grinder. Mix it with the bread crumbs, beat

the egg slightly and add that, put in your bits of bacon, a tablespoon of the bacon grease and the milk. If more moisture is needed to mold the mixture into a loaf add some of the water in which the bacon was cooked. Mold it as you would a beef or veal loaf and lay it in a well greased pan, laying three strips of bacon over its top.

Slice the onions in rather thick slices, parboil them five minutes, drain and lay them in the pan around the loaf. Salt and pepper them, pour in a half cup of the liquor in which the liver boiled and roast until the onions are done—about half an hour. Serve on a platter surrounded by the onions. This is best when baked in a heavy iron frying pan. Somehow iron does roast and fry things very tastily!

Hamburg Steak

930 Calories Without Gravy

1 lb. lean round steak, or	½ cup bread or cracker
Beef of any sort, chopped	crumbs
½ onion, or	1 egg
4 stalks celery chopped fine	Water to moisten
Salt and pepper to taste	

Mix the meat crumbs and seasoning together, add the egg, lightly beaten, and enough water so that it is easy to form attractive looking cakes. Lay in pan in which has been melted bacon fat or fat from beef drippings and cook slowly till brown, then turn, brown again, and serve, with or without made gravy. When eggs are high it is quite possible to make these meat cakes without

egg. The taste is not so very different but they are not so easily shaped and do not hold together so well when cooking.

—o—
Corned Beef
6350 Calories

5 lbs. corned beef	1/2 cabbage
3 carrots	6 potatoes
3 turnips	6 onions

Buy, if you can, a piece of the upper end of the brisket, as that piece has more lean meat in it than most pieces used for this process of curing meat. Wipe the meat well, tie it into shape, put it into a large kettle and let it come gradually to a boil. Boil hard for about ten minutes, skim off the scum that will gather, and then let it just simmer—or put it in the fireless cooker for two hours. Maybe it will require still longer cooking if you've been unlucky enough to acquire a section of too ancient an animal. Choice beeves are not often corned.

Wash and scrape the carrots and turnips, peel the onions and potatoes and cut up the cabbage. Halve the carrots and turnips and put them and the onions in to cook with the meat an hour before it is to be served. Add the potatoes half an hour later, as they cook more quickly, and allow the cabbage only twenty minutes to cook. This is against precedent, I know, but the reason why so many people "taste" a boiled dinner is because the cabbage has been overcooked and becomes hard to digest. Try it the twenty-minute way

and see. It generally pays to try anything once, you know.

—o—

Veal Croquettes

1370 Calories

$\frac{3}{4}$ lb. cold veal	2 eggs
$\frac{1}{2}$ cup bread crumbs	Fat
Flour	Salt and pepper

Put the cold veal through the meat chopper, add to it the bread crumbs, the yolks of both eggs and white of one, salt and pepper. Beat the remaining white. Shape the mass of meat and crumbs into croquettes, roll each in the egg white and then in flour, or if you prefer it, very fine bread or cracker crumbs, drop into deep fat and fry till brown.

—o—

Roast Veal

Leg of Veal, 1055 Calories per Pound

Veal is the second hardest meat to digest, pork holding first place. If veal is killed too young—when it is less than six weeks old, it is really dangerous—not deadly, just apt to produce a bad stomach ache. It should be eaten as fresh as possible. It helps beef and mutton to “hang” but it does not help lamb or veal. For roasting, buy a leg, loin, or shoulder. All are good, the leg or loin making the best looking roast, the shoulder being the cheapest. If you get the leg, have them bone it at market, if the shoulder—or even the breast—have the butcher put a “pocket” in it. Fill the place where the leg bone was, or the

pocket in the shoulder or breast, with stuffing such as you use in turkey. You won't need nearly so much, however. Clean and wipe the meat, stuff it and sew or skewer it into shape. Rub it lightly with salt and dredge with flour. As veal has practically no fat, lay over it while roasting strips of bacon or salt pork, or a string of little sausages. Put on the rack in the roasting pan, add a cup of hot water and bake thoroughly, basting often. Three hours will do for a medium sized roast, but veal should be very well done. Serve with gravy made in the pan.

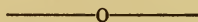
—o—
Veal Birds

2760 Calories Without Gravy

3 veal steaks	6 strips bacon
2 cups poultry stuffing	1 tbsp. bacon fat

Have the steaks cut from the leg and cut thin. Remove the bone and fat and pound them out even thinner—with the edge of a heavy plate if your family has not inherited one of the meat pounders with which all steaks were massacred a generation ago. Now cut in strips about three inches long and about half as wide and lay on each strip enough dressing to almost cover half the meat. Roll up the strips as snugly and neatly as possible—the stuffing will want to get out of place—fasten with toothpicks or skewers. Roll a long strip of bacon around each “bird,” fasten that on, sprinkle the whole with salt and pepper, roll in flour and fry in any kind of fat—bacon, ham, or beef drippings, or vegetable shortening—until

brown. Put the birds in trim rows in a greased baking pan, pour in thin cream or rich milk and bake until the meat is tender—about half an hour. Thicken the milk, adding more if necessary to make plenty of gravy, and serve.



Veal Cutlets

2300 Calories Without Gravy

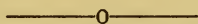
3 veal steaks

1 egg

Flour

Bacon or ham fat

Buy the steaks from the leg, or chops. Clean and wipe dry, sprinkle with salt and pepper; have white of egg ready and dip the meat in that, then in flour or in very fine bread or cracker crumbs. Fry in iron frying pan with bacon, ham or sausage fat until done. Take out on a hot platter. Serve with gravy made in the pan, using milk instead of water.



Roast Leg Lamb

900 Calories per Pound

Americans have gone so utterly daffy over lamb that the word "mutton" is seldom heard and if I gave any directions for mutton they might not be at all popular. However, mutton is better than lamb to many palates and it is admittedly more nutritious. It is more than likely that we buy and eat many a sheep masquerading under the name of its own offspring. It hardly seems possible that there could be enough bona fide lambs to fill the demand! You can tell the difference, not only by the size, but by the flesh

and bones. Mutton is a deeper color than lamb, and in lamb the bones are pink, while mutton bones are white. For a roast of either the leg is the commonest cut, though a crown roast, made of the rib chops, is often used. Too few know the possibilities of a shoulder roast of lamb or mutton, although veal shoulder roast is popular in many families. The shoulder roast does not make quite such even, pretty slices, when carved, but the meat is tenderer and is just as "tasty" as the meat of the leg. If you have a good butcher, who will roll it nicely for you, it will be a good looking roast, too. It is roasted as is the leg. A roast saddle of mutton is also delicious.

Trim and clean the leg of lamb—or mutton—wipe dry and sprinkle it with salt and pepper. Put it in a roasting pan, one with a rack if possible, and dredge the meat with flour. Pour a half cup of hot water in the pan. Bake in a hot oven until the flour is brown; then lower the fire and roast, for lamb, two hours, basting frequently and if necessary adding water from time to time. Lamb should always be well done. Mutton is sometimes preferred rare, like beef. Vegetables—carrots, turnips and potatoes—are delicious when roasted in the pan with lamb. When carving a leg of lamb for pity's sake don't let your husband slice it from side to side as he would roast beef. There's a special way to carve each piece of meat, and the rule is always to cut across the grain of meat—never with it. A leg of lamb should be cut down, straight to the bone. The

slices will lift away from the bone easily enough and the meat is more tender, as well as better looking, when carved properly.

—o—

Lamb Pies

530 Calories Without Filling

*Filling Would Average About 150 Calories
per Pie*

Cold lamb	1 cup flour
Vegetables	1 tbsp. shortening
Gravy	1½ tsps. baking powder
½ tsp. salt	Milk

Take individual baking pans, grease them and fill them with whatever left-over lamb and vegetables you have, adding gravy or, if there is none, soup and a sprinkling of flour. Part of a can of "store soup" may be used to good advantage. Make a crust of the flour and so on, using enough milk to let it be rolled easily. Roll out, shape into rounds, lay a round on each pie and bake about fifteen minutes. Serve the pies in the little casseroles in which they were baked.

—o—

Lamb Stew

5820 Calories Without Gravy

4 lbs. lamb stewing meat	3 turnips
6 medium sized potatoes	3 parsnips
6 onions	½ tsp. thyme (powdered)
Salt and pepper	

Buy your stewing meat from the forequarter—the shoulder is good, the neck the poorest. Clean well, wipe dry, and pop into about a quart of boiling water. Simmer for an hour and a half, then

skim well, add more hot water, if necessary, and put in your salt, pepper and thyme. (Of course you needn't use thyme if you don't like it, but it's a hint from the Greeks, who excel in the cooking of lamb, and you might try it once anyhow.) Add your onions and turnips and parsnips, cut in pieces about the size of the onions. Cook till meat and vegetables both seem growing tender, then add potatoes, peeled, which ought to cook in thirty minutes. When done put the meat in the center of a big platter and arrange the vegetables round about; thicken your gravy and pour over the whole, or serve in a gravy boat. It is sometimes a very acceptable change to have dumplings with this stew instead of potatoes. Veal or beef can be substituted for the lamb in this stew, though veal stew is really better made with rice, and beef stew rather calls for the addition of tomatoes.

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Corned Beef Hash

1250 Calories

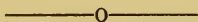
1½ cups chopped corned
beef

1½ cups chopped boiled
potatoes

2 tbsps. cooking fat

To make the best corned beef hash you ought first to boil your own corned beef. If you can't or won't do this, you can make a substitute that will taste fairly well out of canned corned beef. A good dish of corned beef hash is one of the most delectable things in the world. But a bad one is truly awful. Be sure your boiled potatoes are

cold before you chop them—otherwise, they'll mash. Do not chop either meat or potatoes in the meat chopper. Do 'em by hand in the old wooden chopping bowl. Corned beef, like the potatoes, is too soft to be ground successfully. Chop the meat awhile first, then add the potatoes and chop together so they'll be well blended. Chop medium fine but not so each piece absolutely loses its identity. Turn into a skillet in which you already have your fat sizzling. Pour on about a third of a cup of water, turn your fire low, and putting on a cover, let your hash simmer a bit, then take off the cover, pat the hash down, let it brown on one side, turn the mass as evenly as you can, brown again and serve. It ought not to be soggy, it ought not to be dry, but crisp on the outside and soft in the middle.



Tongue a la Susette

2375 Calories with No Potatoes

1 salted tongue

4 medium sized onions

4 medium sized carrots

Seasoning

Clean and trim the tongue thoroughly and boil it until it is easily pierced with a fork—generally about three hours. It should simmer, never boiling very rapidly. If possible let it cool down in the liquor in which it cooked. Then take it out of the water and peel off the outer skin. Slice the carrots and onions and place a layer of each in bottom of a baking dish that has a tight cover. Add enough of the water in which the tongue was boiled to cover the vegetables, lay the tongue on

top of them, cover and bake until the vegetables are done. Potatoes, cut in larger slices than the other vegetables, as, of course, they cook more quickly, may be added to this dish.

—o—

Lamb Steaks, Italian

2625 Calories

6 lamb steaks	2 carrots
2 tbsps. olive oil	1 onion
½ cup soup stock	1 cup peas
2 large potatoes	Garlic and thyme

Buy the large lamb chops, cut rather thin. Rub them well with a split clove of garlic and powdered thyme. Drop them in a frying pan in which is the oil, hot. When they are beginning to brown add the soup—water will do—the carrots and onions, diced, and the potatoes, quartered. Cover the frying pan tightly, or transfer the whole thing to a covered casserole, and bake in a moderate oven for an hour and a half.

—o—

Lamb Chops en Casserole

2100 Calories

6 leg chops	Flour
½ can tomatoes	Powdered thyme
	Salt and pepper

Buy the larger chops—the leg chops—and have them cut thin. Salt and pepper them and roll them well in flour. Arrange them in a casserole, pour over them the half can of tomatoes and add a pinch of powdered thyme. Cover and bake slowly for an hour, or until the meat is very tender.

Lamb Kidneys

570 Calories

10 kidneys

6 slices bacon

Salt and pepper

Clean the kidneys, split them open and parboil them about ten minutes. Lay them, open, on a well-greased broiler, season them and put over each a strip of bacon and broil. Serve with the bacon.

Creamed Dried Beef

985 Calories

½ lb. dried beef

1½ cups whole milk

2 tbsps. cooking fat (scant)

1½ tbsps. flour

1 egg

Dash of paprika

Freshen the beef first by pouring hot water over it and squeezing out the salt. Then, if you want it rather extra good, fry it in the fat until it is crisp, then pour in the milk, add the flour, stirred up into a paste with some of the milk; cook, stirring all the time, till well blended; let simmer a few minutes, stir in the egg, well beaten, add a dash of paprika and serve on a hot platter, surrounded by slices of bread toasted brown and cut into points or squares or diamonds.

Quick Baked Ham

Ham, 1505 Calories per Pound

Potatoes and Milk, 443 Calories

1 slice ham two inches thick

1 cup milk

4 potatoes

Salt and pepper

Buy a large slice, right out of the middle of the ham. When you get it home soak it in hot water

ten minutes or so and then parboil it for twenty minutes. Take it out, lay it in a well-greased baking pan, pile over it the potatoes, which have been peeled and sliced rather thin, pour over the whole the milk, set in a moderate oven and bake about forty minutes. Keep basting with the milk, adding more if necessary.

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Baked Ham
12600 Calories

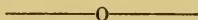
1 8-lb. ham	$\frac{1}{2}$ cup bread crumbs
1 egg	$\frac{1}{2}$ cup brown sugar
Whole cloves	

Buy the whole of a small ham or half a big one, though epicures will tell you that it spoils a ham to be cut before cooking. A shoulder, or California ham, if well cured, tastes just as good as the regular ham and looks very attractive on the table, too. It's generally lots cheaper.

When you get the ham home scrape off any dubious looking spots and wash it with a stiff brush. Then soak it in warm water for at least two hours—over night is better. Take the ham from that water and put it into a kettle filled with cold water. Bring to the boiling point and then simmer slowly; put in the fireless cooker for at least three hours—four is better. Let the ham cool down in the liquor in which it was boiled. When cold, or nearly so, take out, put on a platter, and carefully remove the skin. Make a paste of the egg, sugar and crumbs; spread it on the ham; stick in rows of whole cloves, about a half an inch

apart; put in a roasting pan with about a cup of the liquor in which it boiled and bake for an hour and a half, slowly. Have the oven hot at first, though, so as to "set" the crackling. When this stops showing a desire to coast for the pan all the time, baste the ham with the liquor in the pan. If you have some sweet vinegar in which pears or peaches have been put up to pickle, use about half a cup of this to baste with. Serve with escalloped potatoes and spinach as a hot dish, though most folks just cook a ham to have it cold.

At the last, the tag ends of a ham may be ground and made into croquettes, or served as a ham loaf. Either way is good. And ham hash is awfully good, too.



Pork Tenderloin Stuffed

1225 Calories Without Dressing

3 pork tenderloins

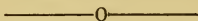
3 strips bacon

1½ cups poultry stuffing

1 tbsp. bacon grease

Fresh pork is the very hardest meat in the world to digest and most American families eat entirely too much of it without any aid from me. My butcher says there are families who buy from him who patronize practically no animal but the pig. It isn't good for them—though pork certainly does taste good. But do try to have pork for a treat rather than an everyday affair—or even an every week dish. Ham is not so hard to digest, for some reason—I mean smoked ham, of course, not fresh—and crisp bacon, properly

broiled or baked until the fat is out of it, is not at all hard to digest. So I am going to put in this book just one little lone, lorn pork recipe. The excess eating of pig must be on your own shoulders. So—buy the tenderloins and have them split lengthwise, but not cut in two. Wash them, wipe them dry, and lay on each half a cup of stuffing such as you'd use for a hen. Bring the meat up around the dressing as much as you can and fasten with string, which must be removed before serving, of course. Have one tablespoon of bacon grease heating in a baking pan and pour over the tenderloins. Over each put a strip of bacon. Place the meat in a moderate oven and bake about an hour. Fresh pork, like veal, must be very, very, very well done. The rawer it is the less digestible it is. Make milk gravy in the pan in which the meat was cooked.



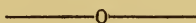
Sweetbreads a la King

1300 Calories Without Toast

1 lb. sweetbreads	$\frac{1}{2}$ green pepper
$\frac{1}{2}$ can mushrooms	6 green olives
2 stalks celery	1 egg
1 pimento	1 tsp. lemon juice

Buy the veal sweetbreads; the others are not the same thing at all. When you get them home unwrap them at once and put into cold water. Let them stand an hour. Wash well and put into boiling water in which is salt and one teaspoon of lemon juice. Boil gently twenty-five minutes. Take from fire, plunge into cold water, drain, and

then remove all membrane and so on. Break into pieces. Have the celery chopped and cooked; the mushrooms, pimento, pepper and olives cut in pieces; and add all to the white sauce. Cook together five minutes, stirring briskly. Just before taking from the fire beat in the egg, which has already been beaten. Serve on toast or in patty shells.

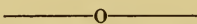


Roast Chicken

Edible Portion, 1045 Calories per Pound

Select a chicken with smooth skin, soft feet, and a pliable breast bone. If you get hold of one decorated with long hairs, beware! Roast it long and tenderly, or don't roast it at all—stew it. Be sure a chicken is thoroughly clean, inside and out. After washing, dry it well and rub a little salt over body, wings and legs. Stuff it carefully, being particular to plump out the breast so it is even and rounded, not lumpy. Sew the chicker up. For this you will find that the soft white cord that comes on your grocery parcels is best. It doesn't tear the flesh as thread does. Tie the legs together and fasten them close to the sides. Now make a paste of flour and creamy butter, about two tablespoonfuls of each, and spread it over the legs and breast; then dredge the whole with flour and lay the chicken in a roasting pan, on its back. Add a very little hot water to the pan, place in a hot oven, and when the flour has browned lower the heat. Baste with three table-

spoonfuls of melted butter, mixed with half a cup of boiling water. After you have used this mixture there will be enough fat in the pan for basting. It will very likely be necessary to add a cup of boiling water to the liquid in the pan. Frequent basting adds to the taste of the chicken and prevents it from becoming too dry. Do not roast too rapidly. For a five-pound chicken allow about two hours.



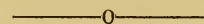
Chicken en Casserole

Five-Pound Chicken 5670 Calories

1 fowl	1 small clove garlic
4 ripe olives	½ bay leaf
1 pimento	½ can tomatoes
½ green pepper	Flour
4 stalks celery	3 strips bacon
1 small onion	Salt and pepper

For this dish you can use a pretty old hen if you are unfortunate enough to have one that has to be "et," but, of course, it is best with a good roasting fowl. Clean the chicken and cut it up. Roll each piece thoroughly in flour and lay them in a well-greased casserole. Have the olives, pimento, pepper, celery, onion and garlic all chopped pretty fine and mix them all together in a bowl. Strew a handful over each layer of chicken, seeing that all pieces are going to get some of the assorted flavors, and dredge each layer with some extra flour. Stick your bay leaf down in the center, pour over all the tomatoes, heated, and add hot water until it is within about an inch of the top of the casserole. Put on the cover and place

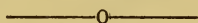
in a quick oven. After about twenty minutes reduce the heat and let the chicken cook slowly for a long time—the tougher the longer.



Fried Chicken

Broilers, Edible Portion, 505 Calories per Pound

Be sure your chicken is young and tender, though a broiler is not necessary. Clean the bird and cut it up. Roll each piece thoroughly in flour in which salt and pepper have been mixed and drop pieces in a frying pan half full of hot fat. Cover tightly and cook till brown on one side, turn, cover and brown on the other. Sometimes it is best to first parboil the chicken slightly, to be sure it will be tender. When done lay on a hot platter, drain off most of the fat from the pan, pour in skimmed milk, thicken with a paste of flour, stirring all the time, and let it simmer at least five minutes. Pour this gravy over the chicken or serve in a separate dish.



Chicken Pies

1500 Calories Without Filling

2 cups cold chicken	Gravy
½ cup stewed celery	Pastry

These pies are good made of any sort of left-over fowl—or meat, for that matter. It's just a way to make extra bits appetizing. Make a regular pie pastry and take a gem pan that has rather large flat receptacles. Line each pan with pastry, fill the cup with fowl, cut into small pieces and mixed with bits of the stewed celery—add more

celery, or stewed onions or potatoes, if you are rather shy on chicken. Put in each cup a generous teaspoon of left-over gravy, or if there is none, of white sauce; cover with a round of pastry, pinching the two rounds together very thoroughly—it helps to have the edge of one round wet a little—prick in your air holes on top, and bake till the pastry is done—about thirty-five minutes. Turn out the pies on the plates on which they are to be served, decorating each with a sprig of parsley.

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Fricassee Chicken

Fowls, Edible Portion, 1045 Calories per Pound

For this style of cooking, you do not need a young chicken, though, of course, no elderly hens or rooster rivals of Methuselah should gain admittance to your cooking pot. Clean the fowl well, put in the sauce pan and cover with boiling water. Cover and stew gently until the chicken is tender when pricked with a fork. This will take anywhere from two to four hours, according to the fowl in question. If the chicken is not very fat add a quarter pound of salt pork cut in dice. When done, thicken the liquor in the pan with flour. This dish is good when noodles are cooked with the chicken for the last thirty minutes of stewing, or when dumplings are served with it. In either case a good deal more liquor is necessary than when only gravy is to be considered, as both noodles and dumplings use up an astonishing amount of fluid. So, if you decide on either, be

sure and have plenty of water added to the stock, though, of course, you mustn't drown the chicken in it or you'll lose all flavor. Enough to almost cover the chicken when the dumplings or noodles are put in will be about right.

Broiled Chicken

Edible Portion 505 Calories per Pound

For broiling you need young and tender chickens. You can camouflage a fairly old bird for frying but broiling brooks no deceit. Split the bird open, cut the tendons at all joints, clean thoroughly, dry, sprinkle with salt and pepper, and arrange on a hot well-greased broiler. Broil at least twenty minutes, taking great care that all parts shall be cooked evenly and that the chicken does not burn. If you are very much afraid of its burning you can give it a good running start in the nice safe hot oven and finish it on the broiler. Bake it, in a well-buttered pan, about fifteen minutes, then set in the broiler and finish. Before serving spread with butter and scatter a tiny bit of chopped parsley over the meat.

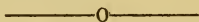
Chicken Dumplings

920 Calories with Milk

2 cups white flour	$\frac{1}{2}$ tsp. salt
3 tsps. baking powder	1 egg
	$\frac{3}{4}$ cup milk or water

Sift the flour, baking powder and salt together. Beat the egg and add that, then add the milk or water. No grease is necessary, as the dumplings

are to be cooked in liquid full of fat from the meat that has been boiling in it. The dumplings may either be rolled out and cut, like biscuit, or simply dropped from the spoon. If this is to be done, it is better to use a full cup of milk in mixing them. The dumplings must not sink down in the liquid but must rest on the meat, so they can rise up light and puffy. It is a good plan to throw a very little cold water into the pot just before putting in the dumplings, so that the water will not be boiling just as they go in. Put them in as rapidly as possible, and after they are in put on a tight cover and boil steadily but not too rapidly for twenty minutes. Lots of folks have an idea good dumplings are hard to make. They're not—only you mustn't fuss with them. Don't keep looking to see how they're getting on or they'll be as hard and leathery as can be. Keep that tight, tight cover on the full twenty minutes before you peek, and when you do you'll see something worth looking at, let alone tasting.



Chicken Dumpling Pie

This is a left-over dish, and I can't tell what it's worth in calories because I won't know what you'll have left over. Just average one fair sized dumpling at 100 calories and the chicken at 1045 calories a pound and guess it. Well—when you have chicken with dumplings, if you're wise you'll make more dumplings than you'll need. Then next day put the left-over chicken in a greased baking pan, add gravy, or some white sauce if

no gravy was left, or half a can of clear chicken soup—store soup—thickened. Then on top put the left-over dumplings, crowding them together till you have a rather solid top to the pie; brush them lightly with a little bit of water; put the dish in the oven and bake. It'll be the best chicken pie you ever tasted. It doesn't need much cooking, everything being already done. It ought to be ready for the table in twenty minutes.

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Baked Veal Heart en Casserole

Heart, 720 Calories per Pound

Stuffing, Vegetables, Etc., 500 Calories

3 veal hearts	1 turnip
1 cup stuffing	1 bay leaf
2 carrots	1 whole clove
1 onion	Flour
6 stalks celery	2 tbsps. bacon fat

Clean the hearts thoroughly, wash them out, dry them well, and then stuff them with as much stuffing as you can get in. Sew or tie them up, rub with salt and pepper and roll in flour. Have the bacon fat hot in a frying pan, drop in the hearts and fry till they are brown. Make a bed of the vegetables, all chopped fine, in a greased casserole. Lay on the vegetables the hearts, dredge with a tablespoon of flour, pour over the fat from the frying pan, add the clove and bay leaf, and three-quarter cup of hot water. Cover tightly, set in moderate oven and bake slowly for two hours. Serve in the casserole. It may be necessary to add more water before they are done. Keep watch

with your eyes and your nose, too. This dish can be prepared beautifully in the fireless cooker. Then you won't have to keep watch. Fix it in the big receptacle as for roasting.

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Roast Turkey

Turkey, 1360 Calories per Pound

Turkey is the king of the winter table. It may be that there are people who don't enjoy roast turkey, but the poor things are luckily few. But—if you aren't careful, your turkey will not be as good as he ought to be. First, don't pick out a bird whose breast bone is as unbending as iron, and the legs shouldn't be nice and white, but sort of bluish. Gentlemen turkeys are said to be best, but I think that's sex prejudice. I've had some delectable meals from lady birds. Clean your turkey thoroughly, pull the tendons from the legs—if you can—and cut out the oil bag at the root of the tail. Wash, and then dry him, inside and out. Have the dressing ready, and pack it into the breast first, so you will be sure to have enough to give the bird a proud and swelling breast to present to the table. Sew up neatly with cord. It generally looks best if you cut off the neck, and draw the skin neatly backward and sew it into place so the front of the bird is all smooth and even. Put the rest of the dressing into the body and sew up that vent. Then rub the whole bird over with salt and a paste made of two table-spoons of butter and two of flour creamed together. Fasten down the legs and wings and lay him in a

big double roaster, which has a cup of hot water in the bottom. Put the pan into a very hot oven and when the flour has begun to brown turn down the fire and roast slowly. Three hours and a half for a ten-pound bird, more and more the bigger they get. Turkey should be well done and should be turned over in the pan from time to time. Baste the bird often while roasting. Three-quarters of an hour before he is done slip about him a necklace of half a dozen little link sausages and let them roast with him. When he is done remove him to a hot platter, necklace and all. Pour off some of the grease in the pan and make the rest into gravy, thicken it with flour stirred to a paste with cold water. If you like giblet gravy, boil or roast the gizzard, heart and liver, chop them fine, and add to the gravy. When serving the fowl add a sausage to each serving. It's a wonderful addition. You can cook some extra ones in a pan and lay them around on the platter, with sprigs of parsley, so there'll be plenty, but don't roast too many on the bird or there'll be too much sausage fat in the gravy.

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Stuffing for Roast Goose

925 Calories

1 cup cracker crumbs	$\frac{3}{4}$ cup apple sauce
$\frac{3}{4}$ cup chopped prunes	Salt

Cook the prunes until they are very soft. If they are sweet, use no sugar. Stone them and chop them. Make a rather dry apple sauce, adding some sugar but no flavoring. The dressing should

not be distinctly sweet. Mix the three ingredients together, salt to your own taste, and fill up the duck. To be sure there are no special directions for roast duck in this book, so the dressing may be not strictly *au fait*, but the preparing and roasting of a duck does not differ materially from the *modus operandi* of getting any other sort of fowl ready to be introduced to your carving knife.

But the average goose is better with this dressing than with one made in the ordinary way. If you want something else again, try equal portions of mashed potato and onions boiled very soft, mixed up together. That's ever so good, too.

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Turkey Dressing

2725 Calories

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| 1 large loaf of bread (1½ lb. loaf) | ½ cup milk |
| 1 onion | 6 large stalks celery |
| 1 clove of garlic | 1 tsp. poultry seasoning |
| ½ cup fat | ⅓ tsp. powdered thyme |
| | Salt and pepper |

There is nothing that puzzles me in the general run of modern cook books as do the recipes for poultry dressing. They read to the woman who has cooked like advice to one about to roast a bantam hen of a particularly small variety, or maybe a nice fat robin. "One cup of crumbs" is suggested. And one cup of cracker crumbs at that. Now I never made cracker crumb dressing. I never knew anybody else that made it, so it is very likely indeed that I do not know how perfectly delicious it is. But in my own little private

cook book I'm going to set down another sort.

First, it will differ in quantity. I have never roasted a hen whose interior would be comfortably filled with one cup of crumbs of any variety, and for a fifteen, or even a twelve-pound turkey, you can generally use up two loaves of bread. The bread must not be too fresh—nor too stale. It is best about two days old. Crumb it up in your hands, breaking it into pieces about as big as the end of your finger. If the crust is not too hard, that can be used, too. After breaking it up, salt and pepper it to taste, add the poultry seasoning, the thyme and an equal amount of powdered sage if you fancy it; mix it all up well, cover, and let stand an hour or so. Chop the onion, garlic and celery into small pieces and cook in a little water until almost done. Pour this over the dressing and mix thoroughly again. Add the milk. If your bread is pretty dry or you have a great deal, you may need more milk. You will have to use your judgment. The dressing should be moist enough so it can be squeezed into a ball, but you shouldn't be able to squeeze out a drop of liquid. Now comes a thing that is an innovation. I learned it from a friend who brought the idea from Virginia. Put the fat—butter, margarine or bacon or ham fat—into a frying pan, an iron one, and fry the dressing. It does make it extra good, but, oh, how careful you have to be to see it doesn't burn! When it has been pretty well browned, let it cool, and stuff the breast and body of the turkey. Of course, this same recipe is used for chicken, too.

Meat Substitutes

It is hardly fair to advise people to eat less meat and not help them a bit in filling its place. It would be awfully funny, if it weren't pathetic, to see the expression of bewilderment that comes to the average face when a dinner minus meat is suggested. Some of my dearest friends are vegetarians, and when I speak of entertaining them people say in hushed voices, "But how do you dare to do it? What do you feed them? And how do you manage to get along when you actually stay at their house?"

I get along very well. I enjoy it. I'm quite willing to admit right here—as I do in their own homes—that after a bit I hanker for the crispy taste of a broiled lamb chop, for a slice of beef steak of just the most delectable shade of pink, for bacon, or chicken, or a bit of fish. But when I'm not at their house I think with longing of nut roasts, Protose croquettes, or the wonderful dishes of mushrooms they serve. You see, your true vegetarian has a few dainties that ordinary mortals wot not of. Protose croquettes now! What is Protose? I'll bet a hole with a cooky 'round it you don't know.

Why it's vegetarian meat. A substitute. And it's good. It is really a conglomeration of grains made into a sort of loaf and packed in cans. You have to buy it at vegetarian centers, I believe, but

if you take the trouble to hunt it up you won't regret doing so. And at the place where you procure Protose you can get a list of other vegetarian goodies.

Unless you have friends in the vegetarian camp you won't know their pet ways of cooking. The best and very likely the most complete vegetarian cook book on the market is "*The New Cookery*" by Lenna Frances Cooper, and I have taken the liberty of "lifting" a few of her recipes for you. She, too, has given the calorie value of her dishes. I have, of course, no means to discover the calorie value of Protose. I couldn't add up her recipes myself if I tried. So I hope she'll forgive me for just annexing the whole thing. Her recipes I have marked with her initials, and I've put in some others too, giving you quite a choice of meat substitutes.

Notice, please, that there are few egg recipes among them. Why the average brain flops eggward only when a meatless meal is in view, is beyond my comprehension, but it generally does, and your vegetarian, who looks on an egg as a breakfast or luncheon staple, just as the rest of us do, is pretty generally egged to the point of repletion when he dines out.

You will notice that Nuttolene is also mentioned in *The New Cookery* recipes, and, of course, you'll expect me to tell you what it is, but I can't. I shall have to speak sharply to my vegetarian friends. They have been remiss, and let Nuttolene remain unknown to me. But it'll be easy enough

to find out from vegetarian headquarters, if you are interested. There are other strange things mentioned in that book. I think that I shall go adventuring some day. Part of the fun of going to foreign countries is to eat foreign foods and bring home foreign recipes with which to astound and delight your friends. Why not take advantage of new things right here at home?

—o—

Broiled Protose

784 Calories

Remove the end of a can of Protose, so the contents will come out whole. Slice the Protose in one-half inch slices, the round way. Cut the slices into halves. Place on an oiled dripping pan, broil quickly under the flame. As soon as one side is browned, turn the other side to the flame. Serve plain, or with any desired sauce.—L. F. C.

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Roast Protose With Dressing

794 Calories

Remove the contents of a pound can of Protose, cut it down through the center lengthwise, and lay the two halves in a dripping pan, with the flat side down. Prepare half of the Brown Sauce recipe and dilute with an equal quantity of water. Pour this over the Protose, place in the oven and bake for an hour to an hour and a half, basting frequently with the sauce. Serve with Dressing for Roasts.—L. F. C.

The dressing being just about the same as that given already for poultry, I won't copy it. It

adds an egg to the seasoned crumbs, and as Protose hasn't any yawning cavity to fill, why the dressing is to be baked by itself.

The Brown Sauce mentioned calls for two strictly vegetarian ingredients, but the Brown Sauce isn't necessary. I've eaten baked Protose with white sauce, or gravy made from the butter and water in the pan in which it was cooked.

Protose Cutlets

1412 Calories

1 lb. Protose	2 cups milk
1 cup corn flakes	2 eggs
	1 tsp. salt

Remove the contents of a pound can of Protose, cut in halves and each half in eight slices. Sprinkle the bottom of a dripping pan with one-half of the corn flakes, place the Protose on this and sprinkle over it the remainder of the corn flakes. Beat the eggs until the whites and yolks are well blended. Add the milk and the salt, pour this over the Protose and bake in a slow oven until set.—L. F. C.

Mock Veal Loaf

1213 Calories

$\frac{1}{2}$ lb. Protose	2 tbsps. butter
1 tbsps. grated onion	1 egg
1 tsp. salt	1 cup hot milk
6 whole-wheat wafers	1 tsp. celery salt

Mix the Protose, add the butter, grated onion, salt, celery salt and the beaten egg. Roll the crackers fine and add to the mixture, then add the hot milk. Turn into a bread pan and bake twenty

or thirty minutes in a hot oven. Turn upon a hot platter and cover with a damp cloth for a few minutes. The loaf will come out whole and may be sliced and served with any preferred sauce.—L. F. C.

There are directions for chipped Protose in cream, which is like serving chipped beef in cream—the Protose shaved small and cooked in a cream or white sauce; directions for Protose hash and Protose steak with onions, which has a natural sound to the ears of a meat eater and a natural look to eyes used to reading meat recipes. It is tasty to meat-eating lips I know.

Then comes this new Nuttolene stuff, with directions for broiling that, like the recipe for broiled Protose, and roast Nuttolene, to be served with mint sauce, mighty like lamb, and Nuttolene creamed with hard boiled eggs—thank goodness, this cooking person talks of them being hard boiled in the good old fashioned way! No “hard cooked” evasions for her! Then Nuttolene is to be taken from the can whole, cut in halves and baked surrounded by a cup of stewed tomatoes, staying in the oven for an hour. I gather that Nuttolene averages about 803 c. a pound. Vegetable Ham calls for not only Nuttolene but also another dark entry—I really couldn’t say dark horse when discussing a vegetarian food product, could I?—and demands also Vegetable Gelatine, so I won’t copy that for you. Too many strangers to introduce at once. But I do think that Nut Chops sounds good—and that recipe doesn’t need

a thing you can't buy at the nearest chain-grocery store, so it's attainable to all.

Nut Chops

983 Calories

2 tbsps. peanut butter 1 egg
6 tbsps. cream 6 slices bread
12 tbsps. cracker crumbs

Trim crusts from the bread; spread with peanut butter; cut into three oblong pieces. Beat the egg and add the cream, dip the bread in this, then into cracker crumbs. Place on an oiled pan and bake in a hot oven until brown.—L. F. C.

Here is another chance to use peanuts that can't be passed by.

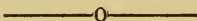
Peanut Roast

4052 Calories

1 qt. slightly toasted bread 2 tps. salt
 crumbs 1 tbsp. summer savory
2 cups peanut butter 2 cups mashed potatoes
2 medium sized onions 4 eggs
1 cup milk

Prepare the bread crumbs by rubbing pieces of stale bread together, thus making fine, loose crumbs. Dry these out in a warm oven and toast slightly. Mix the peanut butter with the milk, adding only a small portion at a time and mixing thoroughly before adding more. When all of the milk has been added, beat the eggs and add to the peanut butter. Stir in the bread crumbs the fine chopped or grated onion, the hot mashed potatoes and the seasoning. Turn into a well oiled bread

tin and bake one hour. Turn upside down on a platter and place a moist cloth over the tin, allowing it to remain five minutes or more; then loosen with a knife and turn out upon the platter. Garnish with parsley and moulds of cranberry jelly.—L. F. C.



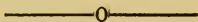
And here are opportunities for chestnut lovers—recipes that can't be called chestnuts in any but the real and honest meaning, I'm sure.

Chestnut Roast

1497 Calories

1½ cups chopped chestnuts	2 eggs
3 cups stale bread crumbs	1 tsp. salt
½ cup cream	1 tsp. sage
¾ cup milk	1 tsp. grated onion

To prepare the chestnuts, boil ten minutes; while still hot remove the shell and the inner skin with a sharp paring knife. Chop, but not too finely. Beat the eggs slightly, add the milk and the cream, the chopped chestnuts and the seasonings; then fold in the bread crumbs. Turn into an oiled tin and bake in a moderate oven about twenty minutes.—L. F. C.



Chestnut Pie

4325 Calories

1 qt. chestnuts, shelled	1½ pts. white sauce
½ pt. canned mushrooms	Cream biscuit dough

To shell the chestnuts, place them in boiling water and boil ten minutes, then, while hot, remove the shell and inner skin with a sharp paring knife. Drain the liquor from the mushrooms and

2996 Calories

Plunge the chestnuts into boiling water, boil ten minutes; remove the shell and inner skin with a sharp paring knife. Prepare one cup of white sauce and add the cooked chestnuts and the salt. Let cook a few minutes and serve.—L. F. C.

There—aren't those the newest and most original recipes you've read for many a moon?—and don't they sound good? I can hardly wait till chestnut time rolls round, and my own trees come into bearing again, to try 'em. There are more of them, too, but it wouldn't be fair to copy the whole book!

There is just one more of these truly new recipes I'll give. It is a long one but ought not to be difficult. It is for a useful, healthful and little known vegetable, which is one of the oldest in history, and as worthy of acknowledgment and popularity as it was in the days of the ancient Egyptians, who used it.

Baked Lentils

2093 Calories

1 pt. lentils	3 tbsps. butter
2 qts. cold water	½ tbsp. mint
1 tsp. lemon juice	1 tbsp. thyme
2 small onions	2 tbsps. summer savory
4 whole cloves	1 tsp. sage
1½ tps. salt	4 tbsps. chopped parsley

Wash the lentils and soak several hours. Cook with the herbs, onions and cloves, tied in a bag. When the water is absorbed and the lentils are soft remove the seasonings, add the butter and salt and put the lentils into a buttered dish. Bake one-half hour, garnish with parsley and serve.—L. F. C.

There, that is all from *The New Cookery*. There are plenty more enticing looking suggestions for meatless meals—naturally, it being compiled for those whose whole meals are entirely meatless for ever and ever, amen—and many goodies in the line of desserts that sound new. You will note that there is no mention of pepper in any of the above. Vegetarians do not approve of pepper. They say it is very bad for the “innards,” and don’t use it, but it can of course be added by unbelievers. Though it is always well to remember that all “hot” things are truly too irritating and too stimulating and should be indulged in with discretion at all times.

In arranging meatless meals remember that a central dish to take the place of a roast is not really necessary. We eat meat for its protein

value—though we most of us think we eat it only because it's good—and of course the protein must be supplied to furnish energy and to upbuild the tissues of the body. The meat substitutes are eggs, cheese, nuts and the vegetables of the ever-helpful bean family, but milk has a lot of protein value, too. So, for instance, if you have a dinner of baked potatoes, creamed celery, hot graham muffins, honey, salad; a dessert of custard or ice cream or junket; and maybe milk or cocoa to drink, you've protein enough right there. We housewives have just got this notion of saying "I'll have beefsteak for dinner" and thinking the whole meal is planned and the other dishes are simply the chorus girls supporting the star.

However, we admit that a central dish is desirable—makes the table look sort of rounded out and satisfies our inherited ideas of convention, too.

One of the best is a bean loaf.

Kidney Bean Loaf

1750 Calories

1½ lb. red kidney beans	2 eggs
2 cups bread crumbs	1 tsp. salt
1 small onion	Pepper and paprika, and
4 large stalks celery	thyme
3 tbsps. butter or margarine	

Soak the kidney beans over night. Have the onion and celery chopped and when the beans are ready put them, with the onion, celery and a pinch of powdered thyme—or sage, if you prefer it—to cook together in boiling water. When the beans

are quite soft drain them thoroughly. Stir into them the melted fat, the bread crumbs, the eggs slightly beaten, and the seasoning. Mix all thoroughly. If the mass seems so dry as to be crumbly and threatens not to hold its shape, add a little milk. Pack it tightly in a well greased baking dish and bake half an hour. It is good served with left-over gravy from some other meal or with tomato sauce. If you bake it with two or three strips of bacon across the top you'll have fat enough in the pan to make some gravy right there and won't accumulate enough meat to spoil the record of the day for any but a real vegetarian. This may also be made with navy beans or split peas, or dried lima beans.

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Baked Lima Beans

975 Calories

$\frac{1}{2}$ lb. dried lima beans	$1\frac{1}{2}$ tbsps. molasses
$\frac{1}{4}$ lb. salt pork	Water
$\frac{1}{2}$ tsp. baking soda	

Soak the beans over night. Parboil them in hot water in which you have put half a teaspoon of baking soda, cooking gently about half an hour. Drain in a colander, and run cold water over them. Thoroughly scrape and clean the rind of the piece of pork. Make deep slashes in the meat, almost to the rind. Put it and the beans to cook in more hot water and cook gently till the beans are soft. They cook more quickly than the navy beans. Then put the beans in a greased baking dish, adding the molasses and stirring it through them,

with any salt and pepper you may think the beans need. Then bury the pork in the beans, rind side up, and add a little clear hot water. Bake slowly for an hour.

Spaghetti and Salmon Loaf

1010 Calories

1 cup spaghetti	1 tbsp. chopped parsley
1 cup salmon	$\frac{1}{2}$ cup bread crumbs
$1\frac{1}{2}$ cups milk	2 tbsps. butter

Salt and pepper

Cook the spaghetti in boiling salted water till it is tender, then drain it and pour cold water over it and drain again. Grease a baking dish well and sprinkle with half the bread crumbs; then spread in a layer of spaghetti, dot with bits of butter, add salt, pepper and chopped parsley, put in a layer of salmon, another of spaghetti and season, till all the spaghetti and fish have been used. Top the dish with the rest of the bread crumbs. Pour over it the milk, dot with bits of butter on top. Bake about half an hour in a moderate oven

Bread Crumb Omelet

500 Calories

1 cup bread crumbs	3 eggs
$\frac{2}{3}$ cup sweet milk	Salt and pepper

Have the bread crumbs ground very fine and pour over them the milk, letting it soak in thoroughly. Separate the eggs; beat the yolks. Stir the bread mixture till it is quite free from lumps and then add the egg yolks and salt and pepper to

taste. Beat the whites till they are very stiff and fold them in last. Pour the mixture into a well buttered baking dish and set in a moderate oven till it is puffy and brown. Serve at once.

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Macaroni Loaf
1325 Calories

$\frac{3}{4}$ cup macaroni	2 eggs
1 cup of milk	1 tbsp. parsley
1 cup grated cheese	$\frac{1}{2}$ tbsp. green pepper
1 cup bread crumbs	$\frac{1}{2}$ tbsp. pimento
1 tbsp. butter	Salt and pepper

Break the macaroni into very small pieces, and boil it in salted water until it is done. Drain it. Scald the milk and turn into it the bread crumbs, pepper, salt, parsley, green pepper and pimento, which have been finely chopped. Beat the eggs well, and stir them in and last of all mix in the macaroni. Have a well buttered baking dish ready and turn the mixture into that. Dot the top thickly with butter and bake. Serve hot. A tomato sauce adds to it. Next day it is ever so good sliced and fried.

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Italian Risotto
950 Calories

$\frac{1}{2}$ cup rice	3 tbsps. salad oil
$2\frac{1}{2}$ cups water	$\frac{1}{2}$ cup tomato soup
1 green pepper	1 small clove garlic
1 large onion	$\frac{1}{2}$ cup grated cheese

Put the rice, well washed, in the water, which should be boiling, and cook in a double boiler till the rice is soft and the water absorbed. Mince the

green pepper, onion and garlic very small. Put the salad oil in a frying pan and when hot add the green pepper, onion and garlic and cook until soft, but not brown; then add the rice and cook till the mixture has browned slightly. Then add the tomato soup; cook all together a minute or so; pile on a hot platter and spread over it the grated cheese.

Nut and Cheese Loaf

2035 Calories

½ lb. American cheese	2 tbsps. water
1 cup English walnuts	1 tbsps. butter
1 cup bread crumbs	1 tbsps. tomato catsup
1 egg	Pepper, salt, paprika

Grate the cheese, or grind it very fine, and chop the nuts. Add the egg, slightly beaten, the bread crumbs, which have been soaking in the water, the butter, melted, seasoning, and the tomato catsup. Pack in a buttered baking dish. Bake about thirty minutes.

Noodles and Cheese

1192 Calories

½ lb. noodles	1½ tbsps. butter
¼ lb. American cheese	1 cup milk
1 tbsps. flour	Salt and pepper

Cook the noodles till tender in boiling salted water. Drain, cover with cold water and drain again. Grate the cheese or dice it very fine. Into a greased baking dish put a layer of noodles; salt and pepper them, put on dots of butter and a sprinkling of flour. Then a layer of cheese, then

noodles, more salt, pepper, butter and flour, with another layer of cheese on top. Pour over all the milk, seeing that it soaks well down into the mass. Bake slowly three-quarters of an hour. The same recipe is good for spaghetti or macaroni.

Bean Roast

600 Calories

$\frac{1}{2}$ lb. navy beans	$\frac{1}{2}$ green pepper
1 bay leaf	$\frac{1}{2}$ cup bread crumbs
1 onion	$\frac{1}{2}$ can tomato soup
6 stalks celery	2 tbsps. butter or margarine

Soak the navy beans over night. In the morning parboil them ten minutes with a pinch of soda. Then cook until tender with the onion, bay leaf, green pepper and celery. Force the whole thing through a sieve, mix it thoroughly with the bread crumbs, salt and pepper to taste, add the butter, melted, and the tomato soup; pack the whole in a baking dish and bake thirty minutes.

Carrot Loaf

695 Calories Without White Sauce

1 lb. raw carrots	$\frac{2}{3}$ cup dry bread crumbs
2 medium onions	1 egg
Sprig chopped parsley	2 tbsps. cooking fat
4 stalks celery	Salt and pepper

Chop the carrots, onions, celery and parsley together—and chop them fine. Boil in as little water as possible, till tender. Drain, and mix with the bread crumbs, beaten egg, and one tablespoon of the fat—butter, lard, beef or bacon fat—almost any kind will be good. Season and pack into a

greased baking dish. If too dry moisten with the water from the vegetables, or milk. Dot bits of fat over the top and bake about half an hour. By using two eggs you can mold this into a regulation loaf and bake in a roasting pan. It is better and prettier if you make for it milk gravy, with milk and butter and flour, into which a half cup of peas are stirred.

This can be called a vegetable loaf, for the benefit of those who pride themselves on being above carrots. It generally fools 'em. Sliced cold and fried, for a second day dish, I've known it to be eaten and praised loudly by those who would have fled in horror from the mere mention of its humble origin. A fine meat substitute.

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Creamed Eggs

825 Calories

6 eggs	2 tbsps. flour (scant)
1½ cups milk	Pimentoes
1 tbsp. butter	Salt and pepper

It seems to be the style nowadays to say "hard cooked" eggs, instead of "hard boiled," the leaders of cooking schools explaining that an egg should never, never be allowed to do such a horrid thing as boil. But when I say "hard cook" your eggs, be sure I don't mean fry 'em hard or scramble 'em to leather. Put them in hot water and let it do something to them long enough to make them resemble the hard boiled stage of our youthful picnic experiences. Then slice them lengthwise, lay them in a well buttered, shallow

baking dish. Make a white sauce from the milk, butter and flour; add enough finely chopped red pimento to look pretty and taste good; pour it over the eggs; pop the dish into a hot oven and bake about ten minutes. Good served on toast.

Broiled Mushrooms

310 Calories Without Toast

1 lb. mushrooms
Salt and pepper

1 tbsp. butter
Toast

Brush the mushrooms, remove stems and save for sauce or soup. Peel the caps and put them on a well buttered broiler cap side up. After that side has cooked, turn them and in the little cups now uppermost place bits of butter, salt and pepper. Broil about five minutes. Have the toast ready and put the mushrooms on it, being very careful when serving not to upset the little cups and lose out the melted butter.

Egg Cutlets

1840 Calories

6 eggs

6 rounds of toast

$\frac{1}{4}$ lb. strong American cheese

6 tbsps. whole milk

2 tbsps. butter or margarine

Salt and paprika

First, cut the bread in rounds, slightly bigger than your gem pans, and quite thick—about half an inch. Butter, with part of the butter. Grate the cheese, spread the bread with that and bake until brown. Break the eggs into well buttered gem pans, pour a tablespoon of hot milk over each and bake till they can be lifted out without break-

ing. Salt them, put a generous dash of paprika over each. Take the bread and the eggs from the oven at once, if you can time it that way; put an egg on top of each round of toast and serve. Sometimes the cheese gets humpy and refuses to let the egg stay balanced, in which case you can generally accomplish your end by laying the round of toast on the platter cheese side down, landing your egg successfully on the unadorned side.

—o—

Mushrooms on Toast

660 Calories Without Toast

Toast About 100 Calories per Slice

1 lb. mushrooms	$\frac{1}{2}$ cup cream
$1\frac{1}{2}$ tbsps. butter or margarine	6 slices of toast
Salt and pepper	

Brush the mushrooms well, remove the stems, scrape them, and peel the caps. Put the stems and caps into boiling water—barely enough to cover—and cook ten minutes. Drain, saving the water in which they cooked, and drop them into a frying pan in which the butter has been heating. Salt and pepper them to taste. Brown them on both sides, then add the cream and any of the water in which they were cooked which may be left, and cook a minute longer. Arrange the toast on a hot platter, place the mushrooms on the toast, pour over the cream and serve. If the mushrooms are thick meaty ones, I prefer them boiled fifteen minutes. Most cook books call for only five minutes. You buys your mushrooms and you takes

your choice. Some like the merest trace of nutmeg grated over mushrooms.

—o—

Baked Mushrooms

730 Calories

1 lb. mushrooms

$\frac{1}{2}$ cup bread crumbs

$\frac{1}{3}$ cup cream

2 tbsps. butter or margarine

Brush the mushrooms, remove the stems, scrape them and peel the caps. Butter a flat baking dish—a pie pan does beautifully—and strew the bottom with part of the bread crumbs, which have been fried brown in the fat. Arrange the mushrooms on the crumbs, salt and pepper them, sprinkle with a few more crumbs, pour over all one-third cup cream or milk and bake fifteen minutes.

—o—

Italian Spaghetti

1670 Calories Without Cheese

$\frac{3}{4}$ lb. spaghetti

$\frac{1}{2}$ can tomatoes

1 large onion

3 tbsps. salad oil

Grated Italian cheese

Boil the spaghetti until it is tender, drain it, pour cold water over it and drain again. Chop the onion fine, add a finely shaved clove of garlic too, if you like it, and fry till a golden brown in the oil. Strain the tomatoes, add them, and cook all together. Put the spaghetti into the pan and cook with the sauce till it is thoroughly heated, then pile on a platter and serve with grated cheese. The hard Italian cheese that you may buy at any Italian grocery is best.

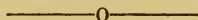
Vegetable Recipes

Potato Croquettes

600 Calories Without Fat Absorbed in Frying

2 cups cold mashed potato	$\frac{1}{2}$ cup bread crumbs
1 egg	Frying fat

Separate the white and yolk of the egg, beat the yolk slightly and mix it into the potato. Mold the potato into croquette forms, roll each croquette in the slightly beaten white of the egg, and then in the bread crumbs. Fry quickly in deep fat. It gives a distinctive flavor to add two sprigs of finely chopped parsley to the mashed potato.

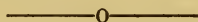


Potato Cheese Puff

750 Calories

2 cups cold mashed potato	1 egg
$\frac{1}{8}$ lb. strong American cheese	1 tbsp. milk

Beat the egg, and then beat it and the milk into the mashed potato. Butter a baking dish; put in a layer of potato, then a layer of cheese, finely grated, more potato, and cheese on top. Flavor with a dash of paprika. Bake in a quick oven about twenty minutes.



Sunshine Potatoes

845 Calories

6 medium sized cold potatoes	$\frac{1}{2}$ cup milk
2 tbsps. butter or margarine	1 sprig parsley

Cold baked potatoes are even better fixed this way than are cold boiled ones. Peel the potatoes

and dice them. Have the fat hot in the pan; drop in the potatoes, sprinkle on salt, pepper and the parsley; keep turning till the potato bits are all a delicate brown but not crisp. Then pour over the milk—thin cream is delicious, of course—and let it cook into the potatoes till it is almost absorbed.

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Potato Surprise

1000 Calories

6 medium sized potatoes 6 cheese dice
1 tbsp. butter

Scrub the potatoes well, but do not peel. Cut a plug out of one side of each and scoop out some of the potato. Fill the cavity with a small piece of cheese, put in a dab of butter, return the plug and lay the potatoes in the oven, on a pan, with the filled side up. Bake as usual.

0

Stuffed Potatoes

730 Calories

6 medium potatoes 2 tsps. butter
1 tsp. cream Salt
1 egg Paprika
1 tbsp. chopped parsley

Scrub the potatoes thoroughly and bake them. It's a southern stunt to grease their skins before putting them in the oven, and if you eat the skins, as you ought, you'll find it improves them. When the potatoes are done take them out and cut a thin slab off the top of each, carefully remove the potato with a teaspoon, mash it, add the egg, well beaten, cream, salt, chopped

parsley and butter. Pile the shells full of the mixture. Flick a dash of paprika over the top of each, set in a hot oven, brown, and serve. It's good without the egg, if you want it that way, only add a bit more cream or butter.

Oven French Potatoes

700 Calories

5 large or	1½ tbsps. fat
6 medium potatoes	Salt

Peel potatoes and cut them as you would if they were to be "French fried." Have the fat—vegetable shortening, lard or margarine—hot in a baking pan; salt the potatoes, lay them in the pan and set into a moderate oven. Watch them carefully and when they are crispy brown on one side, turn them and brown on the other.

Candied Sweet Potatoes I

800 Calories

3 large sweet potatoes	1½ tbsps. brown sugar
1½ tbsps. margarine	Salt

Peel potatoes and slice them, the long way, in slices about half an inch thick. Have the fat hot in a pan, and lay the potatoes in it, sprinkling them with a little salt and the brown sugar. Cover and cook very slowly till they are brown on one side. Turn and brown again. If they show signs of burning before they are done, add a little water. It generally is necessary—or you can parboil the slices five minutes before putting them into the fat.

Candied Sweet Potatoes II

740 Calories

3 sweet potatoes

1 tbsp. fat

Salt

1 tbsp. brown sugar

Peel the potatoes and slice in rounds, rather thin. Butter a baking dish well, and lay the potatoes in it in layers, sprinkling each layer with sugar and dotting it with butter. Pour the pan about half full of water and bake till done. They ought to bake slowly for about an hour, and are generally better if covered, until they need browning.

Hot Sour Cabbage

310 Calories

$\frac{1}{2}$ cabbage

$\frac{1}{3}$ tsp. sugar

2 tbsps. salad oil

Salt

$\frac{1}{2}$ cup vinegar

Red cabbage is best for this. Slice it as for cole slaw, and drop it into boiling salted water. Cook twenty minutes. Drain, and pour over it the oil and vinegar, hot. Let it cook in that about ten minutes, add sugar and salt, and serve.

Tennessee Corn

1015 Calories

6 ears of corn

2 eggs

$1\frac{1}{2}$ cups milk

$\frac{3}{4}$ tsp. salt

$1\frac{1}{2}$ tbsps. melted butter

Paprika

Cut the kernels from fresh corn, or boiled corn which has been left over, or if it is winter time, use canned corn. But the best results are from corn that is fresh and uncooked. Cut the kernels

carefully and scrape out all the corn milk. Scald the milk, and beat the eggs. Add the melted butter to the milk and when it is cool enough beat in the eggs. Add the cut corn, mix well, season with salt and paprika, turn into a buttered baking dish and bake twenty or twenty-five minutes—till the custard has set, but not till it's watery.

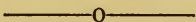


Escalloped Tomatoes

640 Calories

1 qt. can tomatoes	1 cup bread crumbs
2 tbsps. butter or margarine	Salt, pepper and celery seed

Fry the bread crumbs in the fat. Put the tomatoes in a big bowl, season them to taste with salt, pepper and a pinch of celery seed—onion salt too if you like it. Mix in the buttered crumbs, all but about a tablespoonful, stir well together, pack in a buttered baking dish, scatter the remaining crumbs on top, and bake twenty minutes. If the can of tomatoes is a very watery one, you had better strain off some of the excess moisture. It is easy to add a little more if necessary.



Quick Creamed Cabbage

315 Calories

½ head white cabbage	1 cup milk
1 tbsp. butter or margarine	1 tbsp. flour
Salt and pepper	

Slice the cabbage, a good deal as for slaw, cover with boiling salted water and boil fifteen minutes. Drain, make a white sauce of the flour, milk and butter, season it, pour in the cabbage and cook in

the sauce five minutes. Cabbage cooked in this fashion is as delicate as cauliflower, and no more harmful to an unreliable digestion than any fresh creamed vegetable.

o

Corn Oysters

850 Calories

4 medium sized ears cooked	Flour
corn	Cracker crumbs
1 egg	Salt

Take cold cooked corn and run a sharp knife down the center of the kernels, laying them open. Then, with a blunt knife or a spoon, scrape out the juice and pulp of the corn. Beat the egg slightly, mix into it the corn, some salt and pepper, and enough flour so the mixture can be made into little forms about the size and shape of an oyster. Roll these in finely ground cracker crumbs and fry them in lard, or vegetable shortening, till a good crisp brown. Serve very hot. Corn oysters can be made from uncooked corn, too.

o

Glace Carrots

380 Calories

3 medium large carrots	2 tsps. brown sugar
1½ tbsps. margarine	Salt

Wash and scrape the carrots, and slice each in three slices, lengthwise. Drop them into boiling salted water and parboil for fifteen or twenty minutes, depending on the thickness of the slices. Drain, and lay in the fat, which has been heated in an iron frying pan. Sprinkle over them the

sugar, and fry them in the fat and sugar till they are tender. Yellow turnips, or rutabagas, are also very good when cooked in this way.

—o—

Celery Stalks

125 Calories

24 celery stalks

1 tbsp. butter

Take the heavy outer stalks of the celery, the ones that are too tough to put on the table raw; trim them and scrape them; lay them, whole, in salted boiling water and cook gently till tender. Arrange on a hot platter as you would asparagus, season to taste and pour over them the butter, melted. Celery has few calories, is good to eat and very good for you. It is fine boiled in short pieces and served in hot white sauce.

—o—

Escalloped Onions

475 Calories

8 medium sized onions

$\frac{1}{3}$ cup bread crumbs

$1\frac{1}{2}$ tbsps. margarine

$\frac{1}{2}$ cup milk

Skin the onions. If you do this under cool water, holding both hands and the onions all beneath its shelter, you won't weep a single weep. After they are peeled, put them on and boil them till they are quite tender. Have ready a buttered baking dish. Fry the finely ground bread crumbs in the fat, stirring so they will not burn; sprinkle a few in the bottom of the dish; put in your onions; strew the rest of the buttered crumbs over the top; pour the milk in at the side of the dish, so as not to dislodge the crumbs; set in a moderate oven

and bake twenty-five minutes. Or boil the onions first, and then fix them with flour and butter, as you would escalloped potatoes.

—o—
Creamed Turnips
420 Calories

1 lb. white turnips	1 tbsp. butter
1 cup milk	1½ tbsps. flour
Salt and pepper	

Peel the turnips, and cut them into dice. Put into boiling salted water and cook until tender. Make a sauce of the milk, butter and flour; put the turnip dice in, cook them in the sauce a few moments; season and serve. People who won't eat mashed turnips at all, will like them and eat them in this way.

—o—
Peppers Stuffed
325 Calories

6 sweet green peppers	Pinch celery seed
1½ cups cold boiled rice	2 tbsps. canned tomato
⅓ red sweet pepper	2 strips bacon
½ onion	Salt

Cut the tops from the peppers and remove the seeds carefully, so that the sides are not in any way broken. Parboil the peppers about ten minutes. When cool, stuff them with the rice, in which has been mixed the celery seed, the red sweet pepper and onion, which have also been parboiled and chopped fine, and the tomato. Cut each strip of bacon into three pieces, lay a piece on top of each stuffed pepper, and bake about thirty minutes, pouring a little warm water around the pep-

pers to keep them from becoming too dry in cooking. Good, also, stuffed with rice and cheese, or beef hash.

O

Escalloped Corn

800 Calories

1 can of corn	1½ tbsps. butter or
½ cup bread crumbs	margarine
	½ cup milk

Salt and pepper

Line a buttered baking dish with bread crumbs, add a layer of corn, with salt and pepper, another layer of crumbs, dotted with butter, and so on, having the crumbs on top. Pour over it the milk and bake twenty minutes.

O

Glaze Onions

315 Calories

10 small onions	1 tsp. brown sugar
1½ tbsps. lard or vegetable	Salt
shortening	

Peel the onions very carefully, so they will be apt to stay in shape, and boil gently in salted water until tender. Have the grease hot in an iron frying pan, drop in the onions, sprinkle the sugar over them, and turn till they are fried evenly and covered with a delicate brown glaze.

As to Salads

I would like to make a few salad remarks, as I made some soupy ones, and though, of course, you needn't read them I don't see how you can stop my making them.

Remember, then—almost every known thing will go into a salad and almost every known thing is improved by the application of salad dressing. Cold veal makes wonder salad. If you have no particular demand for sweet and shining truth in your soul you can call it chicken salad and fool 'most anybody. Cold lamb is good mixed up with peas and celery—and dressing. So is any kind of fowl that flies—or any sort of fish that swims. Beef's a bit chewy somehow, but beef salad has been made—and eaten. Any cold vegetables may be gathered up and whisked into a salad in no time at all. And the combinations of fruit are as endless as are the fruits themselves.

Too few know how delicious an addition to salads fresh mint may be. My mint bed had been so fearfully misjudged. I always have one when I can, yet liquid refreshment doesn't enter into my desires at all—though I will say that a sprig of mint crushed and put into the pitcher of cold tea is delectable, and it adds a wonderful spice to lemonade. There, now—no amendments broken after all.

But in salads! Just try mint on cucumbers—

let it stand a bit with them to get the best effect. It adds a zest to tomatoes. It improves any combination salad ever combined by mortal hand. And in potato salad it's just wonderful.

Nasturtium leaves are good too, but are not quite as universally liked as mint, and the green nasturtium seeds are often used instead of capers. All through! Go right on into the salads now.

Harlequin Salad

810 Calories, Using Mayonnaise or Boiled Dressing, 1 Dessertspoon per Portion

6 slices canned pineapple	Lettuce
6 slices ripe red tomato	Salad dressing

Wash, drain and dry the lettuce and arrange it on salad plates. Then place on each bed of lettuce one slice of pineapple, on that one slice of tomato. Put in the middle of the tomato a little mound of stiff mayonnaise, or boiled dressing, if that is preferred, or French dressing poured over the whole.

Water Cress and Lettuce Salad

20 Calories Plus Value of Dressing Used

1 head lettuce or	1 bunch water cress
Same amount leaf lettuce	French dressing

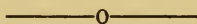
Pick cress over carefully, wash it and the lettuce and shake them dry in a big clean cloth. Pile together on salad plates and serve with French dressing, or if you are on reducing bent, salt and lemon juice only. It is good without anything at all if you eat a bit of cress with each bit of lettuce.

Water Cress and Young Dandelion Greens

20 Calories Plus Value of Dressing Used

1 bunch water cress Equal amount young dandelion

Pick over carefully, wash and dry. Arrange together on plate and treat as you did the lettuce and cress salad.

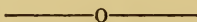


Chives and Cottage Cheese Salad

270 Calories Plus Mayonnaise Used

$\frac{1}{2}$ lb. cottage cheese $\frac{1}{2}$ tbsp. chopped chives
2 tbsps. mayonnaise 2 sprigs parsley, chopped

Put cottage cheese into a bowl and stir in the mayonnaise, then add the chopped chives and parsley. Make into balls the size of a large marble and arrange on lettuce. A bit of chopped pimento may be added for taste and beauty, too, if desired, or green pepper may take the place of the chives if you are so unlucky as to dislike their taste.



Spanish Salad

240 Calories Without Dressing

2 large oranges French dressing
1 Spanish onion Lettuce
1 canned pimento

Buy large oranges, of the solid sort. Slice them in round slices and slice the onion. Lay a slice of onion on a lettuce leaf, on it a slice of orange, and on that strips of pimento. Pour over it a tablespoonful of French dressing. Yes—I grant you it sounds weird. It is weird. But, while I'm

not crazy about it myself, I rather like it, and I've friends who think it's the best salad extant. You may think so, too. Tastes differ.

—o—

Waldorf Salad

670 Calories

2 medium apples	1/3 cup chopped English
1/2 cup chopped celery	walnuts
1 tsp. lemon juice	3 tbsps. mayonnaise
	Lettuce

Peel and core the apples and dice them. Cover them with the lemon juice to keep them from turning dark. Mix in a bowl with celery, nuts and mayonnaise and serve on lettuce, very cold.

—o—

Potato Salad I

425 Calories Without Dressing

2 1/2 cups cold boiled potato, diced	2 sprigs parsley, chopped
	French dressing
2 small onions, chopped very fine	Lettuce

Mix the potato, onion and parsley thoroughly, pour the dressing over and see that each bit of potato is thoroughly coated. Pile in a bowl lined with lettuce leaves and set away to get cold.

—o—

Potato Salad II

350 Calories Without Dressing

1 1/2 cups cold boiled potato	1/2 green pepper or pimento
1/2 cucumber	Boiled dressing
4 stalks celery	Lettuce

Slice the potato, cucumber, and celery in very thin slices, add the pepper or pimento cut very,

very small, mix well with the dressing, arrange on lettuce leaves and have very cold before serving. If you've never tried bits of mint leaves chopped and strewed through your potato salad, try it. Mint improves many salads, but none more than potato.

—o—

Hot Potato Salad

720 Calories

3 cups mashed potato	1 tbsp. butter
2 medium sized onions	1 tsp. vinegar

Slice the onions very thin, parboil for a moment, then fry in the butter to a delicate brown. Add the vinegar, with salt and pepper. Arrange a layer of hot mashed potato in a buttered baking dish, put on that a layer of onions, then another layer of potato and another of onions; set the whole in the oven till thoroughly heated and serve hot.

—o—

Fruit Salad

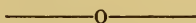
525 Calories Without Dressing

2 oranges	3 rounds pineapple
1 large grape fruit	Lettuce

Fruit dressing

Fruit salad is, of course, made of any sort of fruit, but this is an especially happy combination to come after a heavy, hot dinner, or to use for Sunday night tea on a warm night. Served with a dressing made of half mayonnaise or boiled dressing, and half whipped cream, with a light powdering of ground nuts mixed in, it is excellent

as a combination salad and dessert. After a big dinner it would be so often best for us if we did combine these two courses and have the combination made of fruit. Well—to the main point. Get solid oranges, cut them in two, and cut the grape fruit. Remove the fruit meat as neatly as possible and pile the little triangular sections in a bowl. Cut the pineapple in sections about the same size and mix. Take juice from all three fruits and mix with an equal amount of French dressing; drench the fruit with it and serve on lettuce. Or arrange the mixed fruit on individual plates and place the dressing in a bowl, so each person can help himself.



Combination Salad

Really it's rather silly to give amounts or directions for this. Combination salad is generally a mixture of tomatoes, cucumbers and onions, but almost any cold vegetable can be fitted in. Radishes are good with everything; so are beets, plain boiled or pickled; and string beans or peas add a great deal to any salad combination that there is. If you just combine what you have on hand, or buy a combination everyone will approve, and put it together with French dressing, on lettuce leaves, why that is combination salad and sure to be a success. Cucumbers, celery, lettuce, have little value in calories. Tomatoes have a bit more, onions a little more, peas and beans more still. While in round numbers you can count French dressing at 100 calories a tablespoonful, it is really

less, some of the tablespoon of dressing being composed of oil. Sort of figure it out yourself.

—o—

Apple, Date and Nut Salad

725 Calories Plus Value Dressing Used

3 apples

12 English walnuts

12 dates

Mayonnaise—whipped cream

Lettuce

Pare and core the apples and cut into small pieces. Chop the dates and nuts, saving six whole halves of the nut meats. Mix apples, dates and nuts together; pile on lettuce leaves on plates, put a tablespoon of mayonnaise and whipped cream, mixed, on each pile, and on the dressing lay the whole walnut meat, as a garnish. This salad should not be used, except in very small portions, as a regular salad course. Use as given for salad and dessert combined.

—o—

Fish Salad

*500 Calories, Using Salmon. Most Other Fish
Has Less Value in Calories*

1 cup cold fish

1 hard boiled egg

1 cup chopped celery

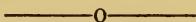
2 tbsps. mayonnaise

1 tsp. capers

Lettuce

Take any kind of left-over fish you have. Cold fresh cod or halibut or salmon is best, but all are good. Or open a can of salmon or tuna fish if you have no left-overs and just want fish salad because you want it. Flake the fish, mix it with the celery, add the capers, or if you haven't them, or don't like them, chopped parsley or chives. Mix the whole with mayonnaise; pile in a dish on a bed

of lettuce and decorate with your hard boiled egg, sliced. Chill the salad in refrigerator and then serve it.

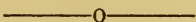


Cherry and Cottage Cheese Salad

275 Calories Plus Value of Dressing Used

24 large white canned cherries	Cottage cheese
Lettuce	French dressing

Drain your cherries and pit them. Have your cottage cheese dry and mix with enough French dressing so it can be made into marbles. Stuff each cherry with a marble of cheese; finish with a slight dash of paprika, arrange four on each plate, on lettuce leaves, and serve.

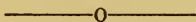


Cabbage and Olive Salad

435 Calories with Mayonnaise

½ small head cabbage	Pimento
8 green olives	Mayonnaise

Slice or shred the cabbage very fine and chop the olives and pimento, mixing them through it. Add two tablespoonfuls of mayonnaise, pile on lettuce and serve. Good with ripe olives, too.



Spinach Jelly Salad

450 Calories Without Mayonnaise

1 cup cooked spinach	½ lemon
1 package lemon jello	Mayonnaise
Lettuce	

Chop the spinach till it is very fine. Make your lemon jelly, adding, as part of the pint of water necessary, the juice of one lemon, well stirred in. Pour into six individual cups or one big mould as

you prefer. Stir in the chopped spinach and set away to harden. When ready to serve arrange nests of lettuce on your salad plates and into the heart of each turn one of your jelly moulds. Over each put a dessertspoonful of mayonnaise or boiled dressing and top the whole with a red cherry or a bit of pimento.

—o—

Pear and Pecan Salad

825 Calories with Mayonnaise

8 large pecans	6 heap. tsps. mayonnaise
2 halves of canned pears	Lettuce

Grind the nut meats very fine. Arrange the halves of pears on beds of lettuce; sprinkle over them the chopped nuts and top with mayonnaise. A very delicious dressing for this salad is made by mixing the mayonnaise, half and half, with whipped cream. It has the same food value as the pure mayonnaise. A slightly smaller calorie value may be gained by using a dressing made of half French dressing and half fruit juice—pear and grape juice or pear and peach juice blended.

—o—

Cole Slaw

20 Calories Plus Dressing Used

1 small cabbage	Cream dressing
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Buy a heavy but small cabbage, peel off the outer leaves and chop the others, or better, slice them very fine with a sharp knife. Mix with cream dressing and serve. If you're reducing, mix with just vinegar, salt and sugar. You'll save calories.

String Bean and Celery Salad*50 Calories Plus Dressing Used*

1 cup string beans

Lettuce

 $\frac{1}{2}$ cup celery

French dressing

Chop the beans and celery together, rather fine. Mix with French dressing and serve on lettuce leaves.

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Shrimp Salad*265 Calories Plus Mayonnaise Used*

1 can shrimps

1 tsp. capers

1 stem celery

Lettuce

Mayonnaise

Wash the shrimps thoroughly in very cold water. Drain, dry well, trim, and break in pieces. Cut the celery in pieces about as large as the shrimps. Mix together in a bowl, add mayonnaise, pile on beds of lettuce, and garnish with capers.

—o—

Orange Joy Salad*1200 Calories Plus Value of Dressing Used*

6 small solid oranges

3 tbsps. shredded cocoanut

12 small cooked prunes

Fruit dressing

Lettuce

Slice oranges and arrange one on each plate, on a bed of lettuce, with the prunes, pitted and chopped, in the center. Scatter half a tablespoon of cocoanut over each portion and dress with fruit dressing. For this take one-third orange juice (enough should be saved from the oranges used), one-third prune juice, and one-third French dressing, which has been made with a touch of garlic.

This salad is for use as the main dish at a simple luncheon or for a combination salad and dessert dish.

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Cottage Cheese Salad

270 Calories Plus Amount of Dressing Used

½ lb. cottage cheese	2 sprigs parsley
2 fresh young carrots	Lettuce
Mayonnaise	

Have the cottage cheese rather dry. Grate the carrot, chop the parsley very fine, and stir them thoroughly into the cheese; then stir in mayonnaise till stuff is of consistency to shape into balls the size of big marbles. Arrange on lettuce leaves.

o

Carrot and Celery Salad

450 Calories

3 new carrots	½ green pepper
6 stalks celery	4 tbsps. French dressing

Chop the carrots (raw), celery and pepper together till they are very fine. Mix with the French dressing. Arrange on beds of lettuce and serve.

o

Lettuce and Chard Salad

60 Calories Plus Value Dressing Used

24 stalks Swiss chard	Lettuce
French dressing	

Take the big stalks of the Swiss chard and boil them gently till tender. Arrange four on each plate, on lettuce leaves; pour French dressing over and serve. These stalks also make good salad material when uncooked.

String Bean Salad

550 Calories

1½ cups string beans Lettuce
¼ cup French dressing

Take the string beans—the stringless ones are much better if you can get them—put into a bowl and pour over them one-fourth cup of French dressing. Toss them about in the dressing till you are sure each bit of the vegetable is coated with the oil; pile on lettuce and serve.

—o—

Carrot and Peanut Salad

450 Calories Plus Mayonnaise Used

8 tbsps. grated raw carrot Lettuce
4 tbsps. ground salted peanuts Mayonnaise

After the carrots are grated and the peanuts ground, mix them well; add mayonnaise enough to make the mixture so it can be moulded; form into small balls and serve on lettuce.

—o—

Coronet Salad

925 Calories

6 slices canned pineapple 12 red maraschino cherries
12 dates 6 heap. tsps. mayonnaise
Lettuce

Arrange pineapple on beds of lettuce; halve and stone the dates, placing the halves around the pineapple, one on each side of the circle, its end touching the fruit. Between the dates put halves of cherries like little red jewels. Decorate with mayonnaise or half mayonnaise and half whipped cream. Is best as a combination salad and dessert, being rather rich for a regular salad course.

Cabbage and Celery Salad

50 Calories Plus Mayonnaise Used

- | | |
|---------------|-------------------|
| 1 cup cabbage | Pinch celery seed |
| 1 cup celery | Mayonnaise |
| | Lettuce |

Chop or cut the celery and cabbage till they are very fine; mix, add mayonnaise and celery seed; mix well, and serve on lettuce.

—o—

Prune and Cottage Cheese Salad

860 Calories

- | | |
|--------------------------|--------------------------------------|
| 12 large cooked prunes | $\frac{1}{3}$ cup dry cottage cheese |
| 3 tbsps. French dressing | $1\frac{1}{2}$ tbsps. prune juice |
| | $1\frac{1}{2}$ tbsps. orange juice |

Open prunes, take out pits, and stuff them with the cheese, adding a dash of paprika to cheese. Lay two prunes on each plate on a bed of lettuce; pour over the dressing made of the French dressing, orange and prune juice well mixed.

—o—

Apple and Celery Salad

520 Calories

- | | |
|-----------------------|---------------------|
| 3 medium sized apples | Lettuce |
| 1 stem celery | 3 tbsps. mayonnaise |

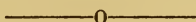
Pare and core the apples and cut them and the celery into small pieces. Squeeze over the raw apples a bit of lemon juice, so they will not discolor. Mix celery and apple; pile on lettuce leaves; top each pile with a spoonful of mayonnaise. Or, mix celery, apple and mayonnaise all together in a bowl before piling on lettuce. It isn't quite so pretty that way but is very apt to taste better.

Lettuce with Cucumber Sauce

350 Calories

2 heads lettuce	$\frac{1}{2}$ cucumber (large)
1 slice onion	$\frac{1}{3}$ green pepper
3 tbsps. mayonnaise	

Chop the cucumber, onion and green pepper very fine and then stir into the mayonnaise. Cut each lettuce head into three pieces, lay on plate and dip over each a portion of the sauce.

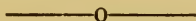


Asparagus Salad

550 Calories

Asparagus, fresh cooked	Lettuce
or canned	4 tbsps. mayonnaise

Arrange asparagus, four or five stalks to a person, on the lettuce; pour mayonnaise across the stalks, two-thirds of the way towards the tips; decorate with a strip of pimento and serve.



Lettuce and Endive Salad

30 Calories Plus Amount of Dressing Used

1 head endive	1 head lettuce
French dressing	

Buy the crinkly endive; cut off the leaves, wash them and the lettuce leaves and dry. Arrange together on salad plates and serve with French dressing.

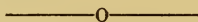
Recipes for Desserts

Date Pudding

2430 Calories

- | | |
|----------------------------|----------------|
| 1 cup English walnut meats | 1 cup dates |
| 1 cup sugar | 2 eggs |
| 2 tbsps. flour | 2 cups milk |
| 1 tsp. baking powder | 1 tsp. vanilla |

Chop the dates and nuts. Mix the flour and baking powder and add. Beat the yolks of the eggs and add them, then the sugar and milk. Mix all thoroughly and then add the whites of the eggs, very stiffly beaten. Pour in a pan and bake an hour in a moderate oven. Serve with whipped cream. Delicious, but oh, you reducers! It is not for you! Beware!



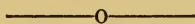
Baked Bananas

750 Calories

- | | |
|-----------------------------|--------------------|
| 6 bananas | 1 tsp. brown sugar |
| 1 tbsp. butter or margarine | 2 tbsps. water |

Peel the bananas and put them, whole, on a well-greased flat baking dish. Spread them with the rest of the butter, sprinkle the brown sugar over, add the water, and bake in a moderate oven about thirty minutes—till the bananas are brown. It may be necessary to add more water before they are done. It's rather good to add a sprinkling of lemon juice, too. Bananas may also be baked right in their skins, without any addition of butter or sugar. Wash them well and lay them on a pie

pan, with just a little water in it, bake until the skins pop open and serve in the skins. Done in this way they are said to be extremely good for folks.

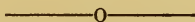


Nut Mould

1770 Calories Without Sauce and Using English Walnuts

2 cups dark brown sugar	2 large tbsps. cornstarch
2 cups hot water	2 tsps. vanilla
$\frac{3}{4}$ cup chopped nut meats	

Moisten the cornstarch with cold water. Boil the sugar and water together, and stir in the cornstarch and stir until thick. Take from the fire, add a pinch of salt and two teaspoons vanilla. When half cool, stir in the chopped nuts, turn into a mould and put where it is very cold. Turn out on a plate and serve with whipped cream or soft custard.



Baked Custard

1040 Calories

4 cups scalded milk	$\frac{1}{2}$ tsp. vanilla
4 eggs	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup sugar	Grated nutmeg

Beat the eggs, though not very much, and add the sugar and salt. Then add the milk, a little at a time, stirring well. Pour into one large or six individual buttered moulds; grate a dash of nutmeg over the top, and put in a shallow pan of hot water—hot, but not boiling. Have the oven slow and bake until you can run a silver knife into the custard and have it come out clean. If the oven

gets too hot, or the water in the surrounding pan boils, the custard will be watery. This custard, baked in individual cups, should turn out in solid form on a serving dish. To be certain it will do this, if you bake it all in one mould, add another egg. You can make a very good baked custard, to be served from the dish in which it was baked, by using only three eggs.

—o—

Floating Island

537 Calories

2 cups scalded milk

$\frac{1}{4}$ cup sugar

2 eggs

Pinch of salt

$\frac{1}{2}$ tsp. cornstarch

$\frac{1}{2}$ tsp. vanilla

Separate the eggs and beat the yolks slightly, then add to them the sugar and the salt. Gradually add the hot milk, stirring all the time. Last, add the cornstarch dissolved in a little cold milk. Cook in a double boiler until it becomes thick and a film of it forms over the spoon. Take from the fire at once, flavor, and if it is at all lumpy, strain. Pour into a serving dish—it looks prettiest in glass. Beat the egg whites to a stiff froth, adding to them a heaping tablespoon of powdered sugar, lemon or vanilla flavoring, and about a third of a teaspoonful of baking powder, which helps the meringue to stand up. This is sometimes varied by beating into the meringue any jelly with a bright color, to serve as flavoring and coloring both. Drop this meringue by the spoonful on top of the custard, when the custard has cooled, and serve very cold.

Spanish Cream

900 Calories Without Sauce

$\frac{1}{4}$ box gelatin	3 eggs
$\frac{1}{4}$ cup cold milk	$\frac{1}{2}$ cup sugar
$2\frac{1}{2}$ cups hot milk (skim)	1 pinch salt
1 tsp. vanilla	

Soften the gelatin in the cold milk—water will do. Beat up the egg yolks and add to them the sugar, and then gradually add the hot milk. Put in double boiler and cook until the custard thickens, stirring all the time. Take dish from the boiler and stir into the custard the softened gelatin, the salt and vanilla. Beat the whites of the eggs very stiff, fold them in the last thing, and turn the cream into one big mould, or little ones, to harden. Serve cold with a soft custard, cream, or whipped cream. Of course, it's richer and better and more fattening made with whole milk.

—o—

Snow Pudding

315 Calories Without Sauce

$\frac{1}{4}$ box gelatin	$1\frac{1}{2}$ tbsps. lemon juice
$\frac{1}{4}$ cup cold water	$3\frac{1}{2}$ tbsps. sugar
1 cup boiling water	Whites of 3 eggs

Soften the gelatin in the cold water, letting it stand a few minutes, then add to it the boiling water, stirring it thoroughly. Add the sugar and the lemon juice, stir them in well, and set the bowl where it is very cold. Stir occasionally while it is cooling. When the jelly has become pretty thick, fold in the stiffly beaten whites of the eggs. Wet a mould with ice water, turn out the water and pour in the jelly. Harden it on ice or in a very

cold room. When quite stiff, turn it out on the serving plate. A soft custard is good used as sauce, but for reducing purposes use no sauce at all. It's good enough plain.

o

Blackberry Smash

2750 Calories

6 moulds cornstarch pudding	1 pt. blackberries
$\frac{1}{2}$ cup sugar	3 tbsps. whipped cream

Make plain vanilla corn starch pudding and let it set in custard cups, or any small moulds that are handy. Mash the berries, cover with the sugar, and let them stand an hour or so. Have the puddings cold, and serve them turned out on dessert plates, with the mashed berries over them, and a dab of whipped cream on top.

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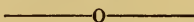
Peach Short Cake

1580 Calories

$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup milk
3 tsps. baking powder	7 medium sized peaches
2 tsps. sugar	$\frac{1}{2}$ cup powdered sugar
$1\frac{1}{2}$ tbsps. shortening	1 tbsp. butter

Sift the dry ingredients together and rub in the shortening with the finger tips. Add the milk—sour milk can be used, using less baking powder and one-third teaspoon soda whipped into the milk. If not moist enough, put in a little water. Roll out, and bake either in one large round cake or in individual ones. Split carefully, butter each half while hot, put in a layer of peaches, lay the top part on, and cover that with more fruit. The

peaches should not be cut very long before they are used, as they darken with standing. Sugar them as soon as they are cut. This same recipe is for strawberry short cake, and raspberry or huckleberry short cake, too.

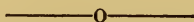


Huckleberry Roly Poly

1550 Calories

Short cake dough	1 pt. huckleberries
	$\frac{1}{2}$ cup sugar

Make the dough exactly as for short cake. Roll it out as evenly as possible in a rather long, thin strip. At one end put some berries, sugared, roll the dough over, put on more berries, and so on till your roll is full. Pinch the dough together so the roll will be as neat as possible—huckleberries are possessed to hurry to all sorts of places where you don't want them. Lay the roll on a pan or plate and put in a steamer. Cover tightly and steam almost an hour. Serve with milk or cream or plain pudding sauce. Almost any sort of roly poly is good. Apple, peach, blackberry and raspberry are the best.



Baked Dates

1885 Calories

1 lb. dates	1 cup milk
$\frac{1}{4}$ cup walnuts	1 tsp. butter or margarine

Wash the dates and pit them. Chopping is not necessary, but you must chop the nuts. Use the butter to grease a baking dish well. Put in it the dates, in even rows, and when the pan is full, pour

over them the milk. Let the dish stand at least two hours, so the dates are well soaked with the milk. Then sprinkle the nuts over the top and bake five minutes in a moderate oven. This is ever so handy a dessert, as it can be made the day before and served cold or the dates may be put to soak at noon and baked while the dinner is cooking, to serve hot at night. It is good as long as a bit lasts and with a little extra milk added can be reheated if preferred hot. Good with cream or whipped cream, but doesn't demand either, as it is quite rich enough in itself.

—o—

Raspberry Ice

1200 Calories

1 qt. berries

1 cup water

1 cup sugar

Juice of 1 lemon

Mash the berries slightly and cover with sugar, setting them away for two, or better, three hours, to extract the juice. Squeeze through two thicknesses of cheese cloth, add the water and the lemon juice, and freeze. Red and black raspberries may be used, but the red make a prettier product.

—o—

Peach Basket

1425 Calories

12 lady fingers

2 tbsps. sugar

9 peaches

3 tbsps. whipped cream

Cut the lady fingers in two in the middle, and place them on end around the sides of sherbet cups, two lady fingers to a cup. Fill the center with sliced peaches, sugared, or canned peaches,

and decorate each basket with half a tablespoon of whipped cream just before serving.

Sponge Ambrosia

3280 Calories

- 1 loaf sponge cake ½ pt. cream (heavy)
1 pt. strawberry jam

Bake a simple sponge cake in a bread pan. When it is cold, carefully hollow out the inside—saving the crumbs—and in the shell that is left, pack alternate layers of jam and whipped cream, having the cream on top. Serve in slices. You may prefer more cream and less jam than this recipe calls for. Remember that any kind of jam does beautifully. Red raspberry is almost as good as strawberry.

Orange Ice

1930 Calories

- | | |
|--------------|-------------------|
| 2 oranges | 4 cups water |
| 2 cups sugar | Juice of 2 lemons |

Boil the water and sugar together for five minutes. Add the juice of the lemon and oranges and the grated rind of the oranges. Strain carefully, cool, and freeze.

Grape Ice Cream

1650 Calories

- | | |
|-------------------|-------------------------|
| 1 cup grape juice | Juice of half an orange |
| 1 cup sugar | 1 cup cream |
| | 1 cup milk |

Boil the grape juice and the sugar together till they make a thick syrup. Add the juice of the

orange, strained; stir in the milk and cream, and when it is cool, freeze. It will be a lovely lavender shade.

—o—
Vanilla Ice Cream
1750 Calories

1 pt. whole milk	¾ cup sugar
1 pt. cream	2 scant tbsps. vanilla

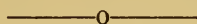
Stir the sugar well into the milk and cream, add the vanilla, stir that in, put in freezer and freeze. For strawberry or peach ice cream, simply crush as much fruit as you want to have in your cream, add some extra sugar, and mix it in before freezing. Of course, most recipes call for the fruit to be mashed and strained, but most people enjoy not only the flavor of the fruit but the fruit itself in the cream.

—o—
Pumpkin Pie
2000 Calories

1½ cups cooked pumpkin	1 tsp. cinnamon
2 eggs	½ tsp. ginger
⅔ cup brown sugar	¼ tsp. nutmeg
1½ cups milk (skim)	½ tsp. salt

Steam and strain the pumpkin, or if you do not care to cook your own, buy canned. Very good pies can be born out of a can. Add your spices and sugar and mix them in well. Beat the eggs thoroughly, and then stir them in, adding the milk last. Pour into a pastry shell and bake slowly at least three-quarters of an hour. If eggs grow wings before their time and soar up to unheard

of prices, try this pie with only one. It does very well.

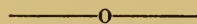


Apple Pie

2140 Calories

5 medium sized tart apples	$\frac{1}{4}$ tsp. nutmeg or cinnamon
$\frac{1}{3}$ cup sugar	Salt
1 tsp. butter	

Line a pie pan with pastry, letting it come well over the edge. Peel and core the apples and slice them into the pan, making an even, rounding mound. Pour over them the sugar—it is very good to use half brown sugar—the nutmeg or cinnamon, and dot bits of butter here and there. Some people like the addition of a teaspoonful of lemon juice. If you do not use that put in a teaspoonful of water. If the apples are very dry you may need a little more water. Moisten the edges of the under crust, lay the upper crust over, and pinch the edges tightly together, then trim off the surplus crust. Prick a few holes in the top crust to allow the steam to escape. If you're artistic you can make very stunning designs in a pie top.



Mince Pie—Mince Meat

1305 Calories per Pound

There are people aplenty who have the good old fashioned notion of "putting down the mince meat" every autumn, as religiously as they "put up" fruit in summer. But to city dwellers mince meat making is becoming more and more of a lost

art. Not alone because the city woman thinks she hasn't time for the process, but because she very, very seldom has the space for the finished product. There are many good prepared mince meats on the market but all I have ever tried needed a little doctoring. They are the better for adding a bit of suet, some extra raisins, a chopped apple, those three extra dates Tommie forgot to eat, or the fig preserves that have been around so long everyone's sick of them. Mince meat may cover a multitude of left-overs in the fruit line and be the better for 'em. Also I have discovered that in these arid days, it is good to save the spiced vinegar from sweet pickled pears and peaches and pour it into mince pies. It makes them good. I can't give a set list of articles for mince pie. Just add most anything to a good mercantile foundation, put it snugly between two crusts; bake it slowly and evenly till the crust is a delicate brown, and it's apt to be pretty tasty.

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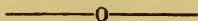
Cream Pie

1610 Calories

2 eggs	$\frac{1}{2}$ tbsp. butter
1 pt. milk (skim)	$\frac{1}{2}$ cup sugar
2 heap. tbsps. flour	Pastry

Beat the egg yolks separately, and then beat them into the milk. Add the sugar and butter, and bring all to a boil, before adding the flour, which must be first stirred to a paste. Stir that in gradually and keep stirring till the mass thickens. Flavor with vanilla, and pour into a pastry shell

which has already been baked. Beat the whites of the eggs to a stiff meringue, adding one tablespoon of sugar and one-half teaspoon baking powder. Spread on top of pie, and put it into a very quick oven, or under the broiler, for just long enough to brown the top. This pie is generally served cold, but is good warm. Some cooks find it difficult to bake a pastry shell evenly and well inside a pie tin, and so turn the pan upside down, stretch the pastry over it, prick here and there with a fork to keep it from bubbling, and bake it that way. It is not nearly so apt to shrink out of shape. Pastry enough for one shell can be made from two-thirds of a cup of flour and a scant quarter cup of shortening.



Prune Betty Pudding

1015 Calories Without Sauce

1 cup bread crumbs (scant)	1 tbsp. brown sugar
16 prunes, if small	1 tbsp. granulated sugar
1 tbsp. butter or margarine	Dash of cinnamon
Prune juice	

Butter a baking dish and scatter in it some of the bread crumbs. Pit the prunes, which have been cooked till soft; put in a layer of fruit; sprinkle over some of each kind of sugar and the merest dash of cinnamon; cover with crumbs; dot the crumbs with butter; put in another layer of fruit and so on, finishing with a top layer of crumbs and butter. Pour over all the juice from the prunes. If there is not enough of this to moisten the crumbs so they are not in danger of

baking hard and dry, add a little water. Bake half an hour in a moderate oven. Serve with either hard or liquid sauce. Of course, you can make a pudding richer, and so tastier, by adding more sugar and butter. If you are not reducing, you can; otherwise, mind your calories.

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Apple Slump

1180 Calories Without Sauce

5 medium sized tart apples	$\frac{2}{3}$ cup white flour
$\frac{1}{2}$ cup granulated and brown sugar, mixed	1 tsp. baking powder
Cinnamon or nutmeg	1 tsp. sugar
1 tsp. butter	$\frac{1}{2}$ tsp. salt
	1 tbs. cooking fat

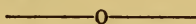
Pare and slice your apples and lay them in a buttered baking dish. Sift over them the sugar, cinnamon, nutmeg, or maybe cloves, to taste, and dot with the teaspoonful of butter. Pour in gently enough water to almost but not quite cover them. Then make a paste of your other ingredients. Sift the salt, sugar and baking powder well into the flour; rub in the fat; add enough water to make a stiff paste; roll it, or pat it between your hands, until it is the right size and shape to cover your dish of apples. Lay it on. Pop the dish into a moderate oven and bake until the apples are done, which they ought to be in thirty or forty minutes. Glass baking dishes are very nice for this sort of pudding—you can see so plainly what the insides are up to. Serve with a pitcher of whole milk, cream, or sauce, as you prefer. Remember, milk's best for you.

Prune Whip

1310 Calories Without Whipped Cream

Whites of 4 eggs	1 tbsp. powdered sugar
1 cup prune pulp	Whipped cream

Beat the whites of the eggs until they are stiff, add the sugar and then beat in the prunes, which have been cooked, pitted, and mashed or chopped till very fine. Serve in sherbet glasses, each topped with a teaspoon of whipped cream, or in one large pudding dish with dabs of whipped cream over it. If the prunes used were not cooked with sugar, a little more may be needed. Some people like this dessert put in a pudding dish and baked a few minutes in a hot oven, as one would bake the meringue on top of a pie. In this case, of course, the whipped cream would best be added at the table. If you're reducing don't have the whipped cream at all.



Apple Betty

1160 Calories Without Sauce

5 medium sized tart apples	½ cup sugar
1 cup coarsely ground bread crumbs (scant)	Cinnamon
1½ tbsps. butter	Little salt

Butter a baking dish; scatter in some of the crumbs; put in a layer of sliced apples; sugar them; put on a tiny bit of salt and spice to taste; add a layer of crumbs; dot with butter; and so on, finishing with a layer of crumbs and butter. Moisten with water till the pudding is fairly soft but in no danger of becoming soggy, and bake slowly till apples are done. It may take forty-

five minutes. Serve with hard sauce or cream or milk. If there is some apple sauce the family refuse to eat in its present state, you can make a very good Brown Betty with that. Some people like it much better made this way. It will not, of course, need so much cooking, nor, the apples being already sweetened, so much sugar. Brown sugar is good in this recipe instead of granulated.

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Bread Pudding

900 Calories

1 cup stale bread crumbs	1 egg
1 pt. milk	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tsp. vanilla
2 tbsps. melted butter	Dash nutmeg

Scald the milk, soak the bread crumbs in it, and set aside to cool. Add next the butter, sugar, the egg, already beaten, salt and vanilla. After mixing well, put in a buttered baking dish and grate a little nutmeg over the top. Bake one hour in a slow oven.

—o—

Topsy Turvy Tart Crust

615 Calories

1 cup flour	Pinch of salt
2 tbsps. shortening	Water
1 tsp. baking powder	Fruit
1 tsp. sugar	

Sift the flour, baking powder, salt and sugar together; rub in the shortening; moisten with water enough so the dough will roll out easily; roll on floured board and cut into rounds the size of your gem pans. Grease your gem pans lightly

and fill them with any sort of cooked fruit you have—apples or prunes, canned peaches or huckleberries or rhubarb. Lay on top of each pan a round of crust and bake about twenty minutes, till crust is done. Don't "dish them up" till they're to be eaten. Then turn them out, upside down, on individual plates. This recipe will make six rounds of crust.

Cottage Pudding

2000 Calories Without Sauce

1/3 cup butter	2/3 cup milk
2/3 cup sugar	2 cups flour
1 egg	3 tsps. baking powder
1/3 tsp. salt	

Cream the butter and sugar together. Beat the egg well and add that. Sift flour, baking powder and salt together and add, with the milk, to the butter, sugar and egg. Bake in a buttered bread pan for thirty-five minutes. Serve with pudding sauce, hard sauce or fruit sauce.

Jellied Pears

Pears, 90 Calories Each

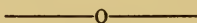
Sugar, 840 Calories per Cup

6 hard pears	1 cup sugar
2 cups boiling water	Rind of 1/2 lemon, peeled thin

Wash the pears thoroughly, take off the stems and cut out the blossom end but do not peel them or core them. Boil together for five minutes the water, sugar and lemon rind; then add the pears and simmer until they are tender, turning the fruit now and then but being careful not to break the

skins. Cool. Put the pears in a serving dish, pour over them the syrup and set away. It ought to form a jelly. If you want a pretty color add half a dozen little old-time red cinnamon candies while boiling.

Apples may be done this way, and quinces, too, but it does take a quince all eternity plus to cook tender.



Junket

This is not so much a recipe for junket as a dissertation on junket. Junket is, to many families, one of its greatest lost opportunities. Comparatively few seem to use it, and yet in families where it is known it is generally as popular as ice cream. It is one of the very easiest things to make and one of the most healthful that can be eaten. You can swing its food value up or down to a very great degree. Also, it is cheap.

You buy the little round junket tablets at grocery or drug store for fifteen cents a box. There are twelve tablets in a box. If you have a small family and use only half a tablet and a pint of milk at a time, that means twenty-four times you can have junket from one box—not far from a half a cent a time. To this add the cost of milk and a little sugar, a teaspoon of vanilla or some grated nutmeg. There you are! Could anything be simpler?

The best directions for making the junket are right on the boxes, and your only trouble will be in following them. You must not get your milk

too hot. You must let it "set" in a warm room before chilling. You must have fresh sweet milk that has never been frozen. Given all these things and you have at your quick command as deliciously smooth and soft and melting a dish as you could wish. And people who won't drink milk, and need it, can often be persuaded to take what they need via the junket route.

Junket is an acknowledged dish for invalids, and a fine baby food. One of my friends was astonished—I thought a bit horrified—to discover it was ever considered as anything else. But to keep it from your own table because it is those two things would be like saying, "Oh, no ice cream—that's only for fever patients!"

The junket tablets themselves have little food value. If you use whole milk, a cupful, really full you know, gives you 160 calories, with two teaspoons of sugar 40 calories more, making a round two hundred. If you use skimmed milk, and but one spoon of sugar, which makes a palatable dish, you just cut that sum neatly in two, and get a good dessert for 100 calories—which is not easy. I'm rooting for junket. Try it yourself.

Chocolate Pudding

850 Calories

3 tbsps. cornstarch	½ cup sugar
2 cups milk	1½ squares chocolate
	½ tsp. vanilla

Scald the milk, add the sugar, and the chocolate, which has been melted over boiling water. Thicken

with the cornstarch, stirred to a paste with two tablespoons of milk taken from the rest before it was heated. Cook in double boiler. After taking it from the stove, add the vanilla. Serve cold.

—o—

Coffee Jelly

880 Calories

$\frac{1}{2}$ box gelatin	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup cold water	2 cups boiling hot coffee
1 cup cream	

Soak the gelatin in the cold water at least twenty minutes, then pour on the hot coffee to dissolve it. Strain, and add the sugar and the cream. Pour in a mould to harden. Serve cold.

Coffee jelly that is very good, and not so fattening by far, can be made by using water in place of the cream. Just gelatin, coffee and sugar.

—o—

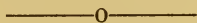
Grape Dumplings

Dumpling, 900 Calories—Grape Juice, 800 Calories

1 qt. grape juice	2 tsp. baking powder
$1\frac{1}{2}$ cups flour	1 tsp. sugar
1 egg	$\frac{1}{2}$ tsp. salt
1 tbsp. butter	Water

Sift the flour, baking powder, sugar and salt together, and work in the butter. Add the egg, which has been slightly beaten, and enough water to make a paste stiff enough to hold its shape when dropped from a spoon. Put the grape juice in a pan that has a tight cover, and bring to a

boil. Now, as the dumplings must have something to rest on, put in this pan, bottom side up, a small flat sieve or an old pie pan with a few holes punched in it—anything that will hold the dumplings up and not interfere with the boiling of the grape juice. When the grape juice boils, throw in one-fourth cup of cold water and before it has a chance to start bubbling again, drop in the dumplings—rather small dumplings. Cover tightly and let boil for fifteen to twenty minutes, steadily but not too energetically. Serve the dumplings on a platter or chop plate, surrounded and covered by the grape juice.



Pineapple Cream

900 Calories

$\frac{1}{2}$ cup minute tapioca

$1\frac{1}{2}$ cups milk

$\frac{1}{2}$ cup sugar

1 small can grated pineapple

Bit of salt

Mix together the salt, sugar and tapioca. Have the milk scalded, and pour it, hot, over the tapioca, pouring slowly and stirring all the time. Cook in a double boiler for fifteen minutes, or till the tapioca seems clear. Add the pineapple, pour into a serving dish and set away to cool. If you are on reducing bent, make this with water instead of milk. It's good. If you're fattening up, see that it's made of whole milk—maybe use some extra cream. The recipe is computed with skim milk.

Dressings, Sauces and Icings

Boiled Salad Dressing

490 Calories

$\frac{1}{4}$ tbsp. salt	Yolks of 2 eggs
1 tsp. mustard	$1\frac{1}{2}$ tbsps. melted butter
$1\frac{1}{2}$ tbsps. sugar	$\frac{3}{4}$ cup milk
Cayenne pepper, few grains	$\frac{1}{4}$ cup vinegar or half vin-
$1\frac{1}{2}$ tbsps. flour	egar and lemon juice

Mix the dry ingredients together; beat the egg yolks together and add; then beat in very slowly the butter, milk and vinegar. Cook in a double boiler, or over boiling water in some fashion, till the mixture thickens. If not smooth strain it while still hot.

French Dressing

1235 Calories

1 tsp. salt	2 tsps. cold water
1 tsp. sugar	4 tbsps. vinegar
1 tsp. dry mustard	12 tbsps. oil
1 tsp. paprika	1 clove of garlic

Dash of Worcestershire sauce

Mix the dry ingredients together and blend them with the cold water. Add the vinegar, and beat in the oil. Add one dash of Worcestershire sauce and if you like garlic, put in one clove. The flavor of the garlic will come out better if the garlic is diced. It may be strained out before serving the dressing, unless to be used by real garlic toppers. They can't get enough of it.

Cream Dressing*415 Calories*

$\frac{3}{4}$ tbsp. sugar	1 egg
$\frac{1}{4}$ tbsp. salt	$2\frac{1}{2}$ tbsps. melted butter
$\frac{1}{3}$ tbsp. mustard	$\frac{3}{4}$ cup cream
$\frac{1}{4}$ cup vinegar	

Mix all the dry things together first; beat your egg a little and mix that in; then the butter; then the cream; add the vinegar last, and add it slowly and carefully. Cook in a double boiler until the dressing is thick. Strain, if necessary, and set away to cool. For cole slaw mostly, though good on potato and fish salads.

—o—

Boiled Mayonnaise Dressing*2108 Calories*

2 tbsps. oil	1 cup boiling water
2 tbsps. flour	2 eggs
$\frac{1}{8}$ cup vinegar	1 cup oil
$\frac{1}{8}$ cup lemon juice	1 tsp. salt
$\frac{1}{2}$ tsp. mustard	Dash of cayenne pepper

Mix the two tablespoons of oil and the two of flour into a paste. Add the vinegar, lemon juice, and one cup of boiling water, stirring it in slowly. Cook this mixture five minutes, stirring all the time. Pour it, hot, over two well beaten eggs, beating as you pour, and keep on beating till the mass is cool. Then add slowly one cup of oil and the seasoning. This recipe sounds like a maniac's dream, I admit. But try it—it is good! It is not quite so rich as the regular mayonnaise, made from only oil and eggs, and it very, very rarely “goes wrong,” which is a relief to cooks used to

the utterly depraved fashion in which oil and eggs are apt to behave when they are requested to blend. Also it keeps well—I've had it keep a week, in summer, in a woods-cottage where there was no ice or cellar. I generally double the recipe and put it up in half-pint jars. If you wish you can use three eggs, put the yolks only in the mayonnaise and have the whites for a cake or meringue.

—o—

Mayonnaise

2690 Calories

Yolks of 2 eggs	1 tsp. salt
2 tbsps. lemon juice	½ tsp. mustard
2 tbsps. vinegar	Dash cayenne pepper
1½ cups oil	¼ tsp. paprika

Mix all the seasonings together first; add the yolks of the eggs; beat together, and when thoroughly mixed, stir in just a little of the vinegar. Then begin to add your oil, gradually, oh, very very gradually, if you would avert disaster! Stir constantly, and as the mixture thickens thin it with the vinegar and lemon juice. Add these and the oil till all is used. It helps to have the bowl very cold and the oil very, very cold. To make this dressing it seems necessary to have superhuman skill, or superhuman patience, and sometimes both.

—o—

Hard Sauce

665 Calories

3 tbsps. butter	1 tbsp. cream
12 tbsps. sugar	Nutmeg

Cream the butter, then add sugar gradually. Powdered sugar is best. Add the cream a drop at

a time, and lastly flavor with nutmeg or vanilla or lemon.

—o—

Strawberry Sauce

950 Calories

1 cup strawberries

1 cup sugar

White of 1 egg

Put the egg white into a bowl, add the sugar and fruit, and beat and beat and beat till it is of a thick creamy consistency. If the fruit is pretty soft, use them as they are, but if the berries are hard—as they shouldn't be—chop them slightly first. This same recipe works beautifully with peaches or raspberries. Very good over cottage pudding, cornstarch pudding, snow pudding, or vanilla cream.

—o—

Drawn Butter Sauce

600 Calories

$\frac{1}{3}$ cup butter

$1\frac{1}{2}$ cups hot water

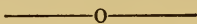
3 tbsps. flour

$\frac{1}{2}$ tsp. salt, little pepper

Melt one-half the butter, add the flour, salt and pepper, and pour the hot water over, gradually, beating as you pour. Boil together five minutes; add the rest of the butter, cut in tiny pieces. This drawn butter sauce is the basis of many sauces, or it can be used by itself. It is good as it is with fish. For fresh boiled salmon, cod, halibut or had-dock, add to the drawn butter one or two hard boiled eggs, chopped. For boiled leg of mutton—and if you've never tried that dish, get hold of a leg of mutton, boil for about four hours, and have

it—add capers, or slightly chopped nasturtium seeds, to the drawn butter.

Make shrimp sauce or lobster sauce, also good with boiled fish, by adding lobster or shrimps, cut in small pieces, to the drawn butter.

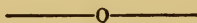


Plum Pudding Sauce

980 Calories

2 eggs	1 tbsp. butter
1 cup powdered sugar	1 tbsp. lemon juice
1 tbsp. cream	Dash of nutmeg

Break the eggs and separate them carefully. Beat the yolks, cream the butter and sugar together, and add; beat in the cream, then the lemon juice; last of all add the whites of the eggs, beaten stiff and folded into the sauce. Put in a serving bowl, and grate nutmeg over the top before bringing to the table. Good for any sort of pudding that grows.



Cranberry Sauce

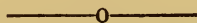
1895 Calories

1 qt. cranberries	2 cups sugar
	Water

Wash the berries thoroughly, pour over them the water and cook in a covered pan until the berries are all “popped.” Then add the sugar and cook, uncovered, twenty minutes, not stirring at all. Turn into the dish in which you expect to serve the sauce—or, if you don’t like the seeds and skins and things, why then—

Turn the sauce into a sieve, mash through with

a big spoon until all the good part is strained, and pour that into the mould. It will be a sort of cranberry butter, thicker than jelly, smoother than sauce.

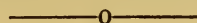


Butter Scotch Sauce

900 Calories

1 cup sugar	$\frac{1}{2}$ tbsp. butter
2 tbsps. corn syrup	$\frac{1}{4}$ cup hot water
$\frac{1}{2}$ cup cold water	

Cook the sugar, syrup and cold water together till the mixture hardens when dropped into cold water. Then take from the fire and beat in the hot water and the butter. Serve hot on ice cream or cottage pudding or cornstarch.

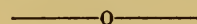


Brown Nut Icing

1470 Calories

$1\frac{1}{2}$ cups powdered sugar	2 tbsps. melted chocolate
2 tbsps. melted butter	1 tsp. vanilla
4 tbsps. warm coffee, very strong	$\frac{1}{3}$ cup chopped nuts

Mix in the order given, and beat all well together. Spread on cake. Raisins, seeded and chopped, can be used instead of the nuts.



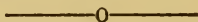
Mint Sauce

100 Calories

$\frac{1}{4}$ cup mint leaves	1 tbsp. water
$\frac{1}{2}$ cup vinegar	$1\frac{1}{2}$ tbsps. sugar

Add the sugar to the vinegar and water, pour over the mint leaves, which have been chopped fine, and let it stand three or four hours. If you

want it in a hurry, you can get the strength from the leaves by mixing it in a pan and letting it stand on the back of the stove where it will not cook, but where the heat will draw out the flavor of the leaves quickly. It's never quite so "tasty" made that way, though.

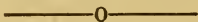


Hot Chocolate Sauce

1115 Calories

- | | |
|--------------------------------|---------------------------------|
| 1 square unsweetened chocolate | 1 tbsp. butter or margarine |
| 1 cup sugar | $\frac{1}{3}$ cup boiling water |
| | $\frac{1}{2}$ tsp. vanilla |

Melt the chocolate over hot water. Add the butter, and pour on the hot water gradually. Bring to the boiling point and add the sugar. Let the mixture boil five minutes, remove from the fire and add the vanilla. Serve hot on ice cream or hot gingerbread or cottage pudding.



White Sauce

1080 Calories

- | | |
|------------------|--------------------------|
| 2 tbsps. flour | $\frac{1}{2}$ cup butter |
| 1 pt. sweet milk | Salt and pepper |

Warm the butter and mix it with the flour. Put the milk in a saucepan, salt and pepper to taste, and when it reaches the boiling point stir in carefully the flour and butter. Stir until there are no lumps and the sauce is like cream. This is the basis for many delicious "creamed" dishes. If you are lucky enough to have plenty of cream, use it and omit the butter.

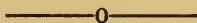
Minnie's Chocolate Icing

1615 Calories

2 cups confectioners' sugar 1 tbsp. melted butter
2 tbsps. cocoa Vanilla

Boiling water

Mix the butter, sugar and cocoa well together, and pour on the boiling water very carefully and gradually, mixing all the time, until the icing has reached a "spreading" consistency. It gets too thin very easily, but in that case can be thickened up with more sugar. Flavor to taste with vanilla while it is still thin.

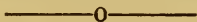


White Uncooked Icing

2050 Calories

Whites of 2 eggs 3 cups confectioners' sugar
Vanilla

Beat the egg whites till they are very light and dry. Then stir in gradually the sugar, being careful to keep the mixture perfectly smooth. Flavor to taste with vanilla or lemon. Orange icing is so good it should be used more often. Add besides the flavoring a little grated orange peel.



Peach Icing

1500 Calories

1 large peach Confectioners' sugar, about
1 tbsp. melted butter 2 cups

Be sure the peach is thoroughly ripe, so it will crush easily. Peel it, mash it and mix it well with the butter. Then add confectioners' sugar until the mass is right to spread on the cake. Same idea can be used with strawberries or raspberries.

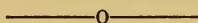
Cake Recipes

Marty's Quick Cake

1915 Calories

1 cup flour, unsifted	$\frac{1}{4}$ tsp. salt
1 cup sugar	1 rounding tsp. baking powder
2 eggs	
$\frac{1}{4}$ cup melted butter	Milk (sweet, skimmed)

Measure out your flour but do not sift it. Add the sugar, baking powder and salt and stir well together. Put your melted butter into a cup and break two eggs into the same cup, beat together slightly, fill up the cup with sweet skim milk, and pour slowly into dry ingredients, beating well all the time. Beat very thoroughly. Add vanilla, orange or lemon flavoring to taste. You can bake this quick-and-easy cake as a loaf in two layers, or as cup cakes. When eggs are scarce it can accommodate itself to one if necessary.



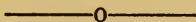
Eggless Chocolate Cake

2060 Calories

2 squares chocolate	1 tsp. soda
1 cup sugar	$1\frac{1}{2}$ cups flour
1 tbsp. melted shortening	$\frac{1}{2}$ tsp. salt
1 cup milk	1 tsp. vanilla

Dissolve the soda in one-half of the milk. Grate the chocolate and melt it in the other half cup. Mix together the sugar and shortening, add the vanilla, salt and the soda, dissolved in the milk, then the flour, and beat all thoroughly. Last, add the milk,

still hot, in which the chocolate has been melted. Bake in a loaf. It will take about fifty minutes in a moderate oven.



Easy Sponge Cake

2160 Calories

3 eggs	2 cups flour
1½ cups sugar	2 tsps. baking powder
½ cup water	1 tsp. vanilla or lemon extract

Beat the eggs briskly for two minutes, add the sugar, and beat that mixture five minutes. Add the water and flour, beating the flour in gradually. Flavor, and bake in a shallow pan.



Kentucky Cake

3300 Calories

1 cup brown sugar	½ tsp. baking powder
1 cup water	½ tsp. salt
⅓ cup shortening	1 tsp. cinnamon
1 cup seeded raisins	¼ tsp. nutmeg
½ cup dried currants	⅓ tsp. cloves
¼ cup chopped citron	1 tsp. soda
½ cup chopped nuts	2 cups flour

Mix the sugar and shortening, add the water, fruit, nuts, salt and spices. Boil the whole thing for three minutes, and cool. Then add the teaspoon of soda, dissolved in warm water, and the flour, sifted with the baking powder. Beat all together well and bake in a slow oven from one to one and one-half hours. As this makes a big cake be sure your oven is slow or you'll burn the crust while the insides are still undone.

Sour Cream Drop Cakes*2400 Calories*

1 cup sugar	2 eggs
$\frac{1}{2}$ cup shortening	2 tsps. baking powder
$\frac{1}{2}$ cup sour cream (sour whole milk will do)	$\frac{1}{2}$ tsp. soda
Little salt	Flour

Cream the sugar and shortening together. Beat the soda in the milk or cream and add, beat the eggs thoroughly, and beat them in. Add salt and baking powder to about a cup of flour, beating well, and add gradually, till the mixture is thick enough to hold its shape when dropped on a buttered pan. This cake is very good flavored with a dash of nutmeg, but vanilla or orange is good in it, too. It can also be baked in buttered gem pans and appear as little frosted cup cakes.

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Gingerbread*2625 Calories*

1 cup molasses	1 egg
$\frac{1}{3}$ cup butter	2 cups flour
$1\frac{1}{2}$ tsps. soda	2 tsps. ginger
$\frac{1}{2}$ cup sour cream	$\frac{1}{2}$ tsp. salt

Measure the molasses into a sauce pan, add the butter, and cook it until it boils. Take from the fire, beat in the soda, and then add the cream, the egg, which has already been beaten, and the flour, sifting that in with the salt and the ginger. Bake in gem pans, or in two small loaves, placed in flat pans. Good served hot with chocolate sauce as a dessert.

White Cookies

2465 Calories

$\frac{1}{2}$ cup butter or any cooking fat	$\frac{1}{2}$ cup sour milk or cream
1 cup sugar	$\frac{1}{3}$ tsp. soda
1 egg	$\frac{1}{2}$ tsp. salt
Flour	$\frac{1}{2}$ tsp. baking powder

Cream the butter and sugar together thoroughly and add the milk, in which you have beaten up the soda. Add salt and baking powder and then mix in gradually flour enough to make a paste just thick enough to handle easily. Flour your moulding board well, roll about a quarter of an inch in thickness, cut out and bake carefully. Cookies burn with horrifying ease as a general rule. Be careful!

—o— Ginger Cookies

4160 Calories

1 cup shortening	1 tsp. ginger
1 cup molasses	1 tsp. salt
1 cup granulated sugar	1 tsp. soda
Flour	$\frac{1}{2}$ cup water

Mix the shortening and sugar well, add the molasses, then the ginger, salt and the soda, dissolved in a little of the water, warmed. Stir in gradually enough water to make a paste you can roll out and cut easily. Some people prefer less ginger, and a little cinnamon or nutmeg added—say half a teaspoon of ginger, a quarter of cinnamon and a quarter of nutmeg. If these cookies burn too easily set a pan of warm water in the oven while they are baking.

Brownies

2700 Calories

2 eggs	$\frac{1}{2}$ cup chopped English
$\frac{1}{2}$ cup melted butter or	walnuts
margarine	$\frac{1}{2}$ cup flour
1 cup sugar	2 squares melted chocolate
2 tsps. vanilla	

Mix in the order given, then spread on a buttered tin and bake in a moderate oven about twenty minutes. Delicious as cake, or as a dessert, cut in squares and served with a dab of whipped cream on each square.

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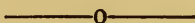
Economy Cake

2350 Calories

$1\frac{1}{2}$ cups bread crumbs	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup white flour	$\frac{1}{2}$ cup chopped seeded raisins
3 tsps. baking powder	$\frac{1}{4}$ cup chopped citron
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup dried currants
1 egg	1 tsp. cinnamon, ground
$\frac{1}{3}$ cup shortening	Water
$\frac{1}{4}$ tsp. soda	$\frac{1}{4}$ tsp. each nutmeg, ginger
$\frac{1}{2}$ cup sugar	and allspice, ground

Grind dry bread very fine. Add to the measured crumbs the flour, baking powder and salt. Beat the egg and add that, then the shortening, melted, and the sugar and molasses. Stir in last the spices, raisins, citron, currants and the soda, dissolved in a teaspoon of warm water. Add water till there is a rather stiff dough. Bake in a moderate oven about three-quarters of an hour, in a round pan with a tube in the center—angel food pan—or put in your greased muffin pans and bake as cup cakes. No frosting is necessary. The little cakes

may be served hot, with sauce, as puddings, the first day they are baked. Better still, if you wish a pudding, take the same recipe and steam it, instead of baking it. It should steam over an hour. With the addition of chopped nuts and dried orange peel it makes a very good imitation of plum pudding.

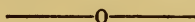


Candy Cakes

2231 Calories Without Frosting

$\frac{1}{3}$ cup butter or margarine	$\frac{1}{2}$ cup chopped nuts, walnuts preferred
$\frac{1}{3}$ cup sugar	
$\frac{1}{3}$ cup molasses	$\frac{1}{3}$ cup chopped citron
1 egg	$\frac{1}{3}$ cup seeded raisins, chopped
1 cup flour	
2 tbsps. milk	$\frac{1}{2}$ tsp. cinnamon

Mix in the order given, and bake in a sheet on a square tin. When cold cut in small squares and on each square put a dab of white frosting.



Hermits

2250 Calories

$\frac{1}{3}$ cup butter	$\frac{1}{3}$ cup chopped seeded raisins
$\frac{2}{3}$ cup sugar	$\frac{1}{3}$ cup chopped walnut meats
1 egg	$\frac{1}{2}$ tsp. cinnamon
2 tbsps. milk	$\frac{1}{4}$ tsp. nutmeg
$1\frac{3}{4}$ cups flour	$\frac{1}{4}$ tsp. cloves
2 tps. baking powder	

Mix the dry ingredients together. Cream the butter with the sugar, beat the egg well and add that, then the milk, then the nuts and raisins. Add to the flour the spices and so on. Mix all together thoroughly. Roll out into rather thick cookies—at

least a third of an inch—and cut with a small cookie cutter.

—o—

Doughnuts

3000 Calories Without Grease Used in Cooking

1 cup sugar	$\frac{1}{4}$ tsp. cinnamon
$2\frac{1}{2}$ tbsps. shortening	$\frac{1}{4}$ tsp. grated nutmeg
2 eggs	1 tsp. salt
1 cup milk	$\frac{1}{2}$ tsp. lemon juice or lemon
4 tps. baking powder	extract
4 cups flour	

Cream together the butter and one-half the sugar. Beat the egg until it is very light and add, then add the rest of the sugar. Add gradually about four cups of flour, through which has been sifted the baking powder, salt and spices. If the dough is stiff enough to roll, take out a part at a time, put on floured board and roll about one-fourth inch thick. You may have to add more flour before rolling. Cut with a doughnut cutter and drop into deep hot fat. The fat must be kept at an even temperature, a temperature which will not let the doughnuts absorb the fat, and which will not brown them before they have raised sufficiently. They should be light and puffy, not hard little dark rings. Never try to handle all the dough at once. Use the trimmings from one batch, to mould in with the next lot. When browned on both sides take out carefully and lay on brown paper to drain. While still hot sift over them powdered sugar. In frying, let one side become thoroughly done before turning. Doughnuts are not so good when turned more than once in the cooking.

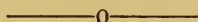
Recipes for Sandwiches

Dried Beef Sandwiches

Mixture 510 Calories

$\frac{1}{4}$ lb. dried beef 2 tbsps. mayonnaise
1 tbsp. cooking fat

Freshen the beef a little by pouring hot water over it and then wringing the water out. Have the grease hot in a frying pan and fry the beef till it is crisp. Put through the food grinder and mix with the mayonnaise, adding more if necessary to make the filling spread nicely. This sandwich filling is extremely good. It can be made without frying the beef first, but that little crisp fried taste pays for the extra trouble. The very thin bread cut for sandwiches does not average 100 c. per slice; 60 c. would be more accurate.



Economy Club Sandwiches

525 Calories for Each Sandwich

3 slices bread	3 strips bacon, broiled
1 slice tomato	1 hard boiled egg
2 crisp lettuce leaves	Mayonnaise dressing

Toast the bread and lay a slice on a hot plate. Butter it, place on it a lettuce leaf, spread with mayonnaise, and lay on the strips of bacon and half the sliced egg. Add the second slice of buttered toast, and on that lay a lettuce leaf, spread with dressing, on that the tomato, with more dressing, and on that the other half of the egg. Top

with the third slice of toast, buttered. Quick, easy and satisfactory for unexpected evening suppers or lunches and almost as good as the real club sandwich, which, as of course everyone knows, has sliced cold chicken or turkey in place of the egg.

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Cold Bacon Sandwiches

Mixture 300 Calories

3 strips bacon

2 tbsps. mayonnaise

½ small sour pickle

Broil or bake the bacon very crisp and dry. Break it into small bits when it is cold and add, with the pickle, cut very fine, to the mayonnaise. Green olives, or bits of paprika or green pepper, are good instead of the pickle, or they may all be used together.

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Crazy Quilt Sandwiches

1500 Calories

6 slices white bread

2 tbsps. cream cheese

6 slices bran bread

1 tsp. cream

4 dates

Butter, about 2 tps.

4 walnuts

1 tsp. mayonnaise

Slice the bread thin, and butter it rather lightly. Mix together thoroughly the cream cheese, cream, and the teaspoon of mayonnaise. Grind the nut meats fine, and chop the dates very fine. Stir into the cheese and spread on the bread, putting a slice of brown with a slice of white. Cut each sandwich in two diagonally. Best made with "Grandma's Brown Bread," recipe for which is given among the breads.

Cartwheel Sandwiches

200 Calories Each

- | | |
|-----------------------------|------------------|
| 6 rounds white bread | Butter |
| 6 rounds Boston brown bread | Orange marmalade |
| 6 salted filberts | |

Cut the white bread a little thicker than for an ordinary sandwich, and cut each slice round with a cooky cutter, saving the scraps for the bread crumb jar. Spread these rounds with butter and then with orange marmalade. It will be best to chop the sections of orange and grape fruit in the marmalade first, so it will spread on smoothly and look well, not jagged. Cut the Boston brown bread with a much smaller cooky cutter, place a round in the center of the spread white bread, and then force down into the middle of each bit of brown bread a nice round salted filbert, or hazel nut, as they are more generally called.



Hot Cheese Sandwiches

555 Calories Without Bread

- | | |
|--------------------|-------------------------------|
| ½ pt. milk | 1 cup diced York state cheese |
| 1 heap. tsp. flour | Salt and paprika |
| 1 tsp. butter | |

Cream the flour and butter together and add gradually to the milk, then put in the cheese and salt and paprika to taste. Cook the mixture in a double boiler until it is thick. Turn out in a flat square pan and let it cool. When cold cut it in slices, lay each slice on buttered bread and put in the toaster and brown, or if you prefer it, in the oven to bake. Better than plain cheese sandwiches.

Hot Bacon Sandwiches

750 Calories

6 strips bacon

6 slices bread

Cut the bread rather thick. Cut each slice of bacon very thin, and cut it in two. Lay the bacon on the bread so that every slice of bread is about covered with the bacon, put on a flat pan and bake till the bacon is done. It is best to turn it over once so both sides will be brown. No butter is needed, but if you can stand the added richness a dab of mayonnaise on each sandwich is good.

—o—

Pepper Hash Sandwiches

Mixture About 80 Calories per Tbsp.

Just mix pepper hash and any one of the thick salad dressings together and spread on buttered bread. If the sandwiches are to be eaten at once, add a crisp little lettuce leaf to each sandwich. Lettuce sandwiches are good but they don't keep or pack very well.

—o—

Mixed Olive Sandwiches

Mixture About 90 Calories per Tbsp.

Ripe olives

Raw cabbage

Stuffed olives

Salad dressing

Chop olives and cabbage together, very fine, but do not put through the food grinder, as it crushes them too much. Have about one-third cabbage. Mix to spreading consistency with salad dressing and put on bread. Or instead, mix with half salad dressing and half cream cheese, which is a very good sandwich filling, too.

Marmalades and Pickles

Peach Marmalade

Fruit 475 Calories

Sugar 840 Calories per Cup

9 medium sized peaches	Sugar
1 large orange	Water

Put all the orange, except its seeds, through the food grinder, using pulp, rind and juice. Peel and stone the peaches, add the ground orange, mash all together; weigh the mass and add an equal amount of sugar. Cook the fruit first, however, with a little water. After adding the sugar stir constantly till desired thickness is attained.

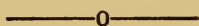
Orange Marmalade

6250 Calories

2 oranges	Sugar
2 lemons	Water
2 grapefruit	

First slice the fruit as thin as you possibly can. Save the seeds. After slicing the fruit, measure it carefully and add exactly as much water as you have fruit. Pour the water over the fruit, cover, and let it stand for forty-eight hours. (Oh, no, you can't make the marmalade for Sunday breakfast on Saturday afternoon!) After the forty-eight hours are over put the mixture on to boil, and boil for one hour. Boil the seeds up in water, strain them out and add the water in which they

cooked to the fruit. The seeds contain the stuff called pectin, which is responsible for the jellying process, you see. After boiling let the marmalade stand over night again, and next day boil again, this time adding sugar—the same amount of sugar that you had fruit and water. Boil till the mixture is as thick as suits your individual fancy; then pour into jars and seal. It is well to remember to stir the fruit several times while it is standing, so that all the pieces will be sure to have an equal chance to soften in the water.



Pepper Hash

1510 Calories

6 red peppers	$\frac{1}{2}$ cup vinegar
6 green peppers	$1\frac{1}{2}$ cups sugar
8 medium sized onions	$1\frac{1}{2}$ tbsps. salt

Seed the peppers carefully—you must be careful to get sweet peppers—and peel the onions. Put them all through the food chopper, using a medium coarse knife. Place in a sauce pan and pour on enough scalding water to cover, letting it stand five minutes. Drain carefully, then pour over one-half cup of vinegar mixed with enough hot water so the peppers are again covered. Let stand another five minutes and drain well. Then pour over the remaining cup of vinegar, in which you have dissolved the sugar and salt. Add one cup of water. Bring to the boiling point; boil ten minutes; then seal in jars.

Sweet Watermelon Pickle

*Value Rind Very Small. Sweet Vinegar 6120
Calories*

4 cups vinegar	4 tbsps. whole cloves
8 cups sugar (half brown)	1 tbsp. whole allspice
4 tbsps. stick cinnamon	Rind 1 medium watermelon

Cut the rind into strips about one and a half to two inches long; put it in a kettle, cover with water, throw in a large handful of salt, and allow to stand over night. Next day drain and wash. Soak two hours in alum water, allowing one teaspoon of powdered alum for each quart of water.

Drain and wash again. Cover with water and boil half an hour. Boil the sugar and vinegar together ten minutes; add the spices, and simmer a quarter of an hour. Add the melon, and let the whole thing cook gently for an hour or more. Seal in jars while hot.

—o—

Sweet Pickled Pears or Peaches

*Sweet Vinegar 6120 Calories. Pears (Small) 75
Calories Each. Small Peaches 35
Calories Each*

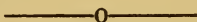
Prepare the syrup as for the watermelon pickle, only stick three cloves in each pear or peach, and add only cinnamon to the vinegar. Put the fruit at once into the syrup and cook until tender. Pears and peaches which are not very soft are best for pickling, and they should be rather small, too. Sometimes small apples, or crab apples, are put up in this way and are very good indeed.

Spiced Tomatoes

8500 Calories

10 lbs. ripe tomatoes	2 tbsps. cloves
1 qt. vinegar	2 tbsps. allspice
4 lbs. sugar	1 tbsp. salt
2 tbsps. cinnamon	

Scald the tomatoes and peel them. Add to them the sugar, vinegar and spices. Boil slowly until the mixture is thick, stirring very, very often. You can put in the spices ground. That is easiest, but a prettier color is obtained by getting them whole, tying them in a thin cloth and dropping that in, to be removed when the tomatoes are done. If one of the pounds of sugar is brown it will add a specially good taste.



Pear Butter

Buy sound pears—the hard winter pears are good for this use—wash them, remove the stem ends, quarter them, but do not peel or core them. Stew the fruit till it is very tender; then force it through a fine sieve, till all that can be pushed through is a mass of pulp in the pan. Weigh or measure this pulp. Add an equal amount of sugar and put on to boil. In a little bag made of cheese-cloth tie up whole cloves, whole cinnamon and allspice. Throw the bag into the butter. Boil slowly at least one hour. You must stir all the time or it will burn. If it does scorch a little you can kill the burned taste by adding lemon juice. A large pear has about 90c.; sugar 840 c. per cup. Spices practically no value.

Beverages

Russian Tea

Make in the usual way the sort of tea you usually use. Pour it, hot, into a glass that holds a slice of orange, a slice of lemon, each stuck with a whole clove, and two candied cherries. Add what sugar you wish.

—o—

Tea a la Julep

This is to be served cold, not hot like the Russian tea. Make the tea as usual, and pour while piping hot over some sprays of well washed fresh mint. Let it stand until cold, and serve with slices of lemon floating in it and sprays of fresh mint sticking out of the top of the pitcher. A glass pitcher is prettiest. You will have to regulate the quantity of mint used while the tea is hot, by the strength of flavor you like—and that you'll have to discover by trying.

—o—

Russian Chocolate

Make cocoa of ordinary regulation strength, and coffee, not too strong. Pour together while still hot; add a teaspoon of cream for each glass to be served; sugar to taste, beat well together; chill, and serve in tall glasses with ice, each glass topped by whipped cream. Very good and also extremely filling—and fattening. Oh, yes—of course—I know all really good things are!

Fruit Nectar

To the juice of two lemons, one orange and one grapefruit, add one cup of red raspberry juice and one of juice from canned pineapple. Weaken and sweeten to suit your taste. Serve in a glass bowl or pitcher, with slices of orange, cut in halves, and a few red cherries floating on top. Sprigs of fresh green mint also add to the looks and the taste of this drink.

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